

inspiration from her unique contributions, which have left a vivid impact not only on my mind but also in this book as reflected throughout in the shape of numerable recipes covering all kinds of food and confectionery.

My family members have always provided constructive criticism of my culinary experiments. I am highly grateful to them. Finally, I also wish to thank all those who have encouraged me in writing the non-vegetarian and vegetarian cookbooks.

B-5/5, Safdarjang Enclave, **Pritam Uberoi**
New Delhi-110029

CONTENTS

Introduction	v	Carrot Pulao	
Glossary	xi	Kesari Pulao	
Important Hints	xv	Mango Pulao	
Complementary		Shahi Sweet Pulao	
Recipes	xvii	Rainbow Fruit Pulao	
Paneer		3. PARATHA, PURI AND	
Khoya		NAN	14
Caramel Syrup		Paratha	
Ground Spices		Chapati	
✓ 1. SOUPS	1	Plain Paratha	
✓ Carrot Cream Soup		Besan Paratha	
Mixed Vegetable Soup I		Cauliflower Paratha	
✓ Mixed Vegetable Soup II		Chana Dal Paratha	
✓ Pea Cream Soup		Methi Paratha	
Potato Soup		Matar Paratha	
Lentil Soup		Hara Chana	
Spinach Cream Soup		Peethi Paratha	
Tomato Soup		Potato Paratha	
✓ Tomato Cream Soup		Radish Paratha	
✓ 2. RICE AND PULAO	5	Thymol Seed Paratha	
Savoury Pulaos		Puri	
Boiled Rice		Atta Ki Puri	
Basant Pulao		✓ Malai Puri	
Chana Dal Pulao		Stuffed Potato Puri	
✓ Paneer and Guchhi		Stuffed Peethi Puri	
Biriani		Dosa (South Indian)	
Vegetable Biriani		Nan	
Fried Rice		Bhatara	
✓ Peas and Paneer Pulao		4. CURRIES	23
Mixed Vegetable Pulao		Arbi Curry	
✓ Potato Kabab Pulao		Chana Dal Curry	
Sweet Pulaos		✓ Cream Ball Curry	

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Cream Kofta Curry
 Chana and Dhingri Curry
 Khoya Matar Curry
 Malai Kofta Curry
 ✓ Muglai Potato Kofta Curry
 ✓ Minced Mushroom Curry
 Mukund Vari Curry
 Paneer Matar Curry
 ✓ Potato Curry
 Pumpkin Kofta Curry
 Punjabi Besan Curry
 ✓ Paneer Kofta Curry
 ✓ Sambar (South Indian)
 Sindhi Curry
 Vegetarian Nargasi Kofta Curry
5. BHUJIA 38
 Arbi Bhujia
 Masala Arbi
 Arbi with Onion ✓
 Brinjal Bhujia ✓
 Capsicum Bhujia ✓
 Capsicum Stuffed with Potatoes
 Capsicum Stuffed with Spices
 Fried Chana with Gravy
 Khatta Chana ✓
 Special Sookha Chana ✓
 Ladysfinger Bhujia I ✓
 Ladysfinger Bhujia II ✓
 Ladysfinger in Curd ✓
 Ladysfinger in Tomato Sauce ✓
 Stuffed Ladysfinger, 33 ✓
 Makhani Tomato Paneer ✓
 Methi Paneer ✓

Potato Bhujia ✓
 Dahiwal Aloo ✓
 Dum Aloo ✓
 Stuffed Potato Bhujia
 Special Potato Bhujia
 Stuffed Potato Chops ✓
 with Tomato Sauce
 Spinach and Chana Dal Bhujia
 Spinach and Moong Dal Bhujia
 Paneer and Spinach Bhujia
 Spinach and Potato Bhujia
 Spinach and Onion Bhujia
 Stuffed Tomatoes
 Tinda Bhujia
6. DALS 53
 Moong Dal
 Fried Urad Dal
 ✓ Muglai Dal
 Panchratni Dal
 Rasam (South Indian)
 Shahi Dal
 Special Mixed Dal
 Urad and Chana Dal
 Sabut Urad Dal
7. RAITA 59
 Brinjal Raita
 Dahi Bara
 Kheera Raita
 Mint Raita
 Onion Raita
 Pakori Raita
 Lauki Raita
 Potato Raita
 Sweet Raita

8. SNACKS 63
 Mixed Vegetable
 Pakoras
 Mango Pakoras
 Paneer Pakoras
 Potato Bondas (South Indian)
 Club Sandwiches ✓
 Russian Sandwiches ✓
 Fruit Gazak
 Delhi Mathi
 Punjabi Mathi
 Punjabi Kachori ✓
 Vegetable Samosa
9. KABABS 69
 Almond Kabab
 Cashewnut Kabab
 Dal Kabab
 Energy Kabab
 Mixed Vegetable Cream Kabab ✓
 Potato Cream Kabab ✓
 Potato Kabab (Parsi style) ✓
 Seekh Kabab
 Semolina Kabab ✓
 Vegetable Cream Kabab ✓
 Rice Kabab
 Fruit Chat ✓
10. INDIAN SWEETS 77
 Halwa
 Almond Halwa ✓
 Carrot Halwa ✓
 Moong Dal Halwa
 Raj Bhog Halwa ✓
 Shahi Halwa ✓
 Suji Halwa
 Wheat Halwa
 White Pumpkin Halwa

Kheer
 Chewra Kheer ✓
 Lauki Kheer ✓
 Carrot Kheer ✓
 Rice Kheer
 Special Rice Kheer ✓
 Firni ✓
 Shahi Tukri
 Shahi Pudding
Sevian
 Dry Sevian (Vermicelli)
 Sevian in Kheer
 Sevian Zarda
 Sweet Sevian (Parsi)
Kulfi
 Kulfi ✓
 Faluda
 Mango Kulfi ✓
Ice Cream
 Paneer Ice Cream
 Pistachio Ice cream
 Vanilla Ice cream
 Vanilla Fruit Ice Cream
Sweetmeats
 Almond and Pista Burfi ✓
 Carrot Burfi
 Chocolate Burfi ✓
 Coconut Burfi ✓
 Mango Burfi
 Orange Khoya Slices
 Khoya Gulab Jamun ✓
 Malpura ✓
11. PRESERVED FOODS 93
Soft Drinks
 Lemon Squash
 Mango Squash
 Orange Squash
 Rose Sherbet

Jams

Apple Jam
Mango Jam
Raspberry Jam
Apple Jelly
Vinegar

Chutneys

Carrot Chutney
Curd Chutney
Guava Chutney
Lemon Chutney
Mango Chutney
Sweet Fruit Chutney
Tomato Chutney

Pickles

Arbi Pickle
Lime Pickle in oil
Mango Pickle (Punjabi style)
Stuffed Sour Mango Pickle
Stuffed Red Chilli Pickle
Mixed Vegetable Pickle
Pumpkin Pickle
Onions in Vinegar
Tomato Ketchup

12. PUDDINGS, CAKES AND BISCUITS 104

Puddings

Baked Fruit Pudding
Sweet Corn Pudding
Strawberry Pudding
Fruit Flan Pudding

Fruit Salad ✓

Fruit Pudding ✓

Macaroni Pudding

Orange Basket Pudding

Peach Pudding

Raw Coconut Pudding

Cakes

Almond Cake

Cherry Cake

Chocolate Wafer Cake

Plum Cake

Rich Fruit Cake

Small Fruit Cakes

Strawberry Cake

Walnut Chocolate Cake

Chocolate Cake

Coconut Cakes

Fruit Cakes

Biscuits

Cherry Biscuits

Coconut Biscuits

Chocolate Almond Crunch

Fancy Biscuits

Salted Biscuits

Magic Coconut Cubes

13. ASSORTED

RECIPES

122

Cheese Macaroni ✓
(American)

Stuffed Cauliflower
(Italian)

White Mushrooms in
Cream (English) ✓

GLOSSARY

English

Almond

Alum

Aniseed

Apricots

*Asafoetida

Baking Powder

Bay leaf

Beans

Beetroot

Black Pepper

Bottlegourd

Brinjal

Buttermilk

Cabbage

Capsicum

Cardamom

Carrot

Castor Sugar

Cashewnuts

Caraway

Cayenne

Cauliflower

Chapati

Cheese

Chillies

Cinnamon

Hindustani

Badam

Phitcari

Saunf

Khurmani

Heeng

Pakane Ka Soda

Tej Patta

Same

Chukander

Kali Mirchi

Lauki, Ghia

Baingan

Lassi, Ghol

Band Gobhi

Simla Mirchi, Bara Mirchi

Elaichi

Gajar

Powder or Pisi Cheenee

Kaju

Ajwain

Lal Mirchi

Phool Gobhi

Indian Bread

Vilayati Paneer

Lal Mirchi

Dalchini

*Asafoetida water: Heeng water (mix one teaspoon ground hing into one cup hot water).

English	Hindustani
Citric acid	Tatri
Clarified Butter	Butter Ghee
Cloves	Laung
Cooking Apple	Khatta Seb
Cochineal	Meetha Gulabi Rang
Coconut	Narial
Colocasia	Arbi
Coriander Leaves	Hara Dhania
Coriander Seeds	Sukha Dhania
Cottage Cheese	Paneer
Cucumber	Kheera
Cuminseeds	Jeera
Curds	Dahi
Dates	Khajur
Drumsticks	Saijan ki Phali, Singi
Dried Ginger	Sonth
Dry Breadcrumbs	Sookhi Double Roti ka Choor
Fenugreek	Methi
Flour	Maida
French Beans	Fras Beans
Garlic	Lahsoon
Ghee	Clarified Butter
Ginger	Adarak
Gram	Chana
Gram Dal	Chana ki Dal
Gram Flour	Besan
Grapes	Angoor
Green Chilli	Sabaj Mirch
Griddle	Tawa
Groundnut Oil	Moongphali Oil
Guchhi	Black Mushrooms
Icing Sugar	Icing Cheene
Jaggery	Gur

English	Hindustani
Kewara Flavour	Indian Kewara Essence diluted with Water
Khoya	Milk Solidified by Prolonged Cooking
Kulfi	Indian Icecream
Ladysfingers	Bhindi
Lemon	Neembu
Lemon Rind	Neembu ka Chhilka
Lentils	Dal
Mace	Jawitri
Macaroni	It is prepared from flour and made into various shapes
Mango	Aam
Mango Powder	Amchoor
Melon Seeds	Magaz
Mint	Pudina
Mustard	Rai, Sarson
Mustard Oil	Sarson Oil
Nutmeg	Jaiphal
Onion	Pyaz
Onion Seeds	Kalaunji
Papaya	Papita
Peas	Matar
Peppercorn	Sabut Kali Mirch
Peaches	Aadu
Pickle	Achar
Pistachio	Pista
Pomegranate Seeds	Anardana
Poppy Seeds	Khus Khus
Pressed Rice	Chewra
Raddish	Mooli
Raisins	Kismis
Red Chilli Powder	Kashmiri Mirch Powder
Rice	Chawal

English

Rose Water
 Saffron
 Salt
 Sesamum
 Semolina
 Sevia
 Soda bicarbonate
 Soft Breadcrumbs
 Spinach
 Spring Onion
 Sugar
 Sultana
 Sweet Potato
 Tamarind
 Turnip
 Turmeric
 Thymol Seeds
 Vermicelli
 Vinegar
 White Gram
 White Mushrooms
 White Pumpkin
 Wholewheat Flour

Hindustani

Gulab Jal
 Kesar
 Namak
 Til
 Sooji, Rawa
 Vermicelli
 Meetha Soda
 Taji Double Roti ka Choor
 Palak
 Hara Pyaz
 Cheene
 Munakka (bara kismis)
 Shakarkandi
 Imli
 Shalgam
 Haldi
 Ajwain
 Sevia
 Sirka
 Kabuli Chana, White
 Chana
 Dhingri
 Petha
 Gehun ka Atta

IMPORTANT HINTS

Instead of ghee any kind of fat can be used such as dripping, hard margarine, suet or any edible oil.

Garlic powder can be used instead of fresh garlic. $\frac{1}{4}$ teaspoon garlic powder is equal to 4 garlic flakes.

Half tin spinach is equal to 2 pounds of fresh spinach.

1 teaspoon dry ginger is equal to 2 teaspoons fresh ginger (soak dry ginger powder in $\frac{1}{4}$ cup of water).

Curries should always be cooked slowly to extract all the richness and flavour of the spices.

Use soda bicarbonate for softening vegetables sparingly as it destroys the vitamins. Small amounts are often used in green vegetables to retain their colour.

Do not use large amount of water for cooking vegetables. Scrape the skins of vegetables, and do not peel them as Mrs Peeler is the Vitamin stealer.

Cook fleshy food on a low fire till tender. Excessive cooking destroys the food value.

COMPLEMENTARY RECIPES

PANEER

- 1 litre milk
- 2 tsps powdered citric acid
- 3 tsps oil or ghee

Put oil or ghee in the milk and boil. Remove from fire. Add 2 cups of water to milk. Dissolve citric acid in 1 cup of hot water and pour into the milk and put it on fire; cook till the milk curdles. Remove from fire, add more water to cool. Strain through a muslin cloth and put under weight for half an hour. Cut into cubes and deep fry till golden brown.

KHOYA

Grease a karahi, pour milk in it. Thicken on fire, stirring constantly with a flat spoon. Scrape the sides and the bottom of the karahi, taking care that the milk does not stick at the bottom. When the liquid becomes quite thick, remove from fire, gather into a lump and keep aside to cool. It will become solid after sometime and can be kept for a couple of days. One litre of full cream milk makes nearly 200 gms of khoya.

CARAMEL SYRUP

- $\frac{1}{2}$ cup water
- 2 tsps sugar

Heat the sugar in a pan till it melts and gradually turns brown. Pour water over it and stir till it dissolves. Remove from fire; cool. It can be stored in a bottle for six months.

GROUND SPICES

1 cup cuminseeds

1/2 cup coriander seeds

1/2 cm piece cinnamon

6 big cardamoms

12 cloves

Grind all the spices together finely and store in an airtight jar.

SOUPS

CARROT CREAM SOUP

serves 8

340 gms chopped carrots	1 spring onion
90 gms boiled rice	4 cups milk
4 cups water	1 tsp sugar
30 gms butter	1 tsp chopped coriander leaves
3 tps cornflour	salt to taste
1/2 tsp white pepper	

Mix the cornflour to a smooth paste with a little milk. Boil the rest of the milk and stir in the cornflour paste and cook until it becomes a little thick. Keep aside. Cook the chopped carrots and onion in butter on very low fire for five minutes, being careful not to brown the carrots. Add the milk stock, boiled rice, salt, pepper, sugar, water and coriander, bring to boil and simmer, with lid on, for 35 to 40 minutes. Pass through a sieve, reheat and then remove from the fire and add 30 gms butter. Serve hot. (If carrot soup is too thick, mix a little milk with it.)

MIXED VEGETABLE SOUP—I

serves 6

6 cups water	4 small potatoes, cubed
2 medium onions, sliced	2 carrots, diced
50 gms beans	3 large tomatoes, skinned
1 clove	2 tbsps split green peas
1/2 tsp salt	1/4 cup butter
4 tps grated cheese	4 tps flour
white pepper to taste	

Combine all the ingredients except the butter and cheese in a large soup pan, cover and boil gently till tender. Strain. Heat the butter, add the flour, fry for a few minutes without browning. Add strained soup and stir for five minutes. Remove from the fire, sprinkle with cheese and serve.

MIXED VEGETABLE SOUP—II *serves 8*

2 carrots	1 big turnip
1 potato	1 spring onion
120 gms peas	2 tsps chopped coriander
60 gms butter	leaves
3 cups milk	4 cups boiling water
3 tsps cornflour	salt and white pepper to taste

Melt the butter in a pan and fry the chopped vegetables and peas slowly on medium heat for 5 minutes. Then add water and salt and let it simmer till tender. Remove from the fire. Mix cornflour with milk and cook till a little thick. Pour it on cooked vegetables, stir and cook for a few minutes. Add salt, white pepper and serve hot.

PEA CREAM SOUP *serves 6*

$\frac{1}{2}$ kg green peas	4 cups water of pea pods
salt, white pepper to taste	1 spring onion
$\frac{1}{2}$ tsp chopped mint	5 gms arrowroot
30 gms butter	1 cup milk
$\frac{1}{4}$ cup cream	1 tsp chopped onion

Shell the peas and wash the pods several times. Put the pods in a pan, add water, salt and simmer gently for 35 minutes to extract their flavour and colour.

Strain the stock. Melt the butter, add onion and fry for one minute. Add the stock, peas, chopped spring onion and cook on low fire till the peas are tender. Pass through a sieve. Blend the arrowroot with milk and add to the soup, stirring all the time. At the time of serving, mix cream and chopped mint leaves lightly. Serve hot.

POTATO SOUP *serves 6*

4 large potatoes	3 tbsps butter
2 spring onions	1 tbsp chopped coriander
$\frac{1}{2}$ tsp chopped ginger	leaves
1 cup tomato ketchup	2 carrots, diced
$\frac{1}{4}$ tsp white pepper	$\frac{1}{2}$ tsp salt
3 tbsps grated cheese	4 cups warm water

Boil the potatoes until soft; peel and pass through a sieve. Melt butter in soup pan, add chopped spring onions, coriander leaves, ginger and carrots and brown a little. Add tomato ketchup, salt, pepper, warm water and potatoes and simmer for 15 minutes. Serve with grated cheese.

LENTIL SOUP *serves 8*

120 gms lentils	15 gms rice
9 cups hot water	1 large onion
1 large carrot	1 turnip
1 bay leaf	salt to taste
$\frac{1}{2}$ tsp white pepper	2 cloves
2 tsps chopped coriander	30 gms butter
leaves	$\frac{1}{2}$ tsps cornflour
$\frac{1}{4}$ inch piece cinnamon	croutons
1 cup milk	

Wash the lentils and rice with water. Chop the vegetables finely. Fry the vegetables and lentils in melted butter for five minutes. Add hot water, spices and salt. Bring to boil, cover the pan and simmer the vegetables till soft. Stir occasionally. Rub the ingredients through a sieve. Reheat the soup; blend the cornflour with milk, add to soup and cook for 7 minutes. Season well. Serve hot with croutons and coriander leaves sprinkled on it.

SPINACH CREAM SOUP *serves 8*

$\frac{1}{2}$ kg spinach	1 onion
30 gms butter	6 cups water
salt and white pepper to taste	5 gms cornflour
1 cup milk	$\frac{1}{2}$ cup cream
	croutons

Wash the spinach thoroughly. Slice the onion and fry in butter for a few minutes. Add the spinach and water and cook on low fire for 30 to 40 minutes. Pass through a sieve and add the arrowroot blended to a smooth paste with milk. Cook for 2 to 3 minutes, season to taste. Serve hot with croutons and cream mixed lightly in it.

TOMATO SOUP *serves 6*

$\frac{1}{2}$ kg tomatoes	4 cups water
1 medium carrot	1 onion
2 cloves	$\frac{1}{2}$ cm cinnamon
white pepper to taste	30 gms butter
$1\frac{1}{2}$ tsps pepper	cochineal colour
2 slices of fried bread	$2\frac{1}{2}$ tsps cornflour
2 tsps sugar	salt to taste

Cook whole tomatoes, whole spices with water, on low fire for 45 minutes. Rub through a wire sieve, return

to the pan and cook. Blend the cornflour with stock or water, add to the soup and boil for 7 minutes. Mix sugar, salt and pepper, colour if necessary with cochineal. Serve hot with croutons. (Fried bread cubes)

TOMATO CREAM SOUP *serves 8*

$1\frac{1}{2}$ kgs tomatoes	Cream
2 onions	15 gms butter
2 bay leaves	3 tsps flour
salt to taste	$\frac{1}{4}$ tsp salt
3 cloves	$\frac{1}{8}$ tsp white pepper
2 tsps sugar	1 cup milk
water to cover the tomatoes	

Chop the onions. Put the tomatoes, chopped onions, bay leaves, salt, cloves with water in a pan and cook until tender and a little thick. Remove from the fire, cool and pass through a sieve. Heat the butter, fry flour in it till it is golden brown. Add the milk slowly, stirring constantly; cook till a little thick and smooth. Pass through a sieve and add salt and pepper. Heat the above strained tomato pulp and add the strained cream and mix it lightly. Serve hot with croutons.

Note: Do not heat the soup after mixing cream.

RICE AND PULAO

Savoury Pulaos

BOILED RICE

serves 6

1/2 kg rice
6 cups water
1 tsp salt

Pick, wash and soak the rice for 25 minutes. Boil the water with salt, add rice and mix well. Cover the vessel and cook on a low fire till the rice is cooked and water is absorbed and each grain is separate.

BASANT PULAO

serves 6

1/2 kg rice
4 cloves
5 cm piece cinnamon
salt to taste
3 tsps cuminseeds
1 tsp turmeric or 1/2 tsp yellow colour
6 cups water
1 tsp peppercorn
150 gms ghee

Pick, wash and soak the rice for 15 minutes. Heat the ghee and fry whole cinnamon and cardamoms for one minute. Add water and boil it. Now add turmeric or yellow colour, rice, salt and cuminseeds and peppercorns tied in a muslin bag. Cook in a vessel with a close-fitting lid, on medium fire, until tender and water is absorbed. Each grain of rice should be separate. Remove the muslin bag. Do not stir the pulao. Garnish with fried cashewnuts. Serve at lunch. (The pulao is served at Basant Panchami festival.)

CHANA DAL PULAO

serves 6

1/2 kg rice
150 gms chana dal
1 tsp black peppercorns
1 onion, sliced
1 bay leaf
1 tsp black cuminseeds
150 gms ghee
6 cups water
1/4 tsp red chilli powder
4 cloves
2 cm piece cinnamon
2 big cardamoms
salt to taste

Soak the dal for 15 minutes and boil it in salted water until tender, and each grain is separate. Put in a strainer to remove excess water and keep aside. Fry the onion slices with bay leaf, cloves, cinnamon and cardamom until brown. Add water, rice, salt, peppercorns, red chilli powder and cuminseeds and cook on medium fire until tender and water is absorbed. Fry the boiled dal in 30 gms ghee for a few minutes and mix it lightly with cooked rice. Serve hot.

PANEER AND GUCHHI BIRIANI

serves 6

1/2 kg rice
2 bay leaves
coarsely grind 4 cloves,
3 tsp white cuminseeds,
2 pieces cinnamon
4 green cardamoms
30 gms paneer, cubed
180 gms ghee
6 cups water
1 big onion
1 tsp red chilli powder
240 gms guchhi
4 silver leaves
2 tsps kewra flavour
1 carrot
2 tsps salt

Soak the guchhis in water overnight. Wash and soak the rice for one hour. Fry small pieces of paneer in ghee till light brown. Fry the chopped onion and bay leaves. Add water and salt and boil. Now add the rice, chopped carrot, and ground spices. Cook till water is absorbed and each grain is separate. Mix kewra

flavour. Serve in an oval plate covered with silver leaves and fried cashewnuts. Serve hot.

Note: Tinned black mushrooms can be used instead of guchhis.

VEGETABLE BIRIANI

serves 6

Follow the above recipe, substitute mixed vegetables for guchhis.

FRIED RICE

serves 6

1/2 kg rice	6 cups water
1 onion, sliced	2 bay leaves
1 carrot, sliced	1 1/2 tsps chilli sauce
6 cloves powdered	2 green cardamoms
3 small pieces cinnamon	2 tsps white cuminseeds
240 gms peas	180 gms paneer, cubed
200 gms potatoes	2 green chillies
coriander leaves	1/2 tsp ginger paste
2 tsps flour	4 tbsps ghee
2 tsps salt	salt to taste

Pick, wash and soak rice for 10 minutes. Deep fry paneer in ghee and keep aside. Fry the onion and bay leaf in ghee till brown. Add chilli sauce, salt, cloves, cardamoms, cinnamon, cuminseed powder and water and boil. Add the rice, carrot slices, peas and fried paneer pieces and cook until the rice has absorbed all the water and each grain is separate. Put fried balls of potatoes and cover the vessel.

Fried potato balls

Boil potatoes, cool and mash. Add chopped green chilli, salt, coriander leaves, and ground ginger and mix. Make round balls of potatoes, dust with flour and

dip in ground rice paste and fry in hot ghee till golden brown.

Rice paste

1/2 cup rice

Soak the rice and grind finely with water to form soft paste.

PEAS AND PANEER PULAO

serves 6

1/2 kg rice	6 cups water
1/2 kg shelled peas	120 gms paneer
2 onions, sliced	2 bay leaves
1/2 tsp red chilli powder	150 gms ghee
4 green cardamoms	2 small pieces of cinnamon
3 cloves	2 tsps white cumin powder
salt to taste	60 gms cashewnuts

Soak the rice for 15 minutes. Fry onion slices with bay leaves, cloves and cardamoms until brown. Add water, rice, red chilli powder, salt, cumin powder and paneer. Cook until tender and water is absorbed. Garnish with fried cashewnuts. Serve hot.

Paneer

1/2 litre buffalo's milk	1/2 to 3/4 tsp powdered citric acid
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Boil the milk and remove from the fire. Add citric acid dissolved in one cup hot water gradually, until the milk curdles. Put it in a thick muslin cloth and squeeze out the water. Put under a weight for 30 minutes. Cut it into cubes and deep fry in ghee until golden brown.

MIXED VEGETABLE PULAO *serves 6*

Substitute carrots and potatoes for paneer.

POTATO KABAB PULAO *serves 6*

1/2 kg rice	6 cups water
1/4 cup red chilli powder	1/2 teaspoon ginger paste
2 bay leaves	1 onion
2 tps white cumin powder	1/4 tsp cinnamon powder
2 powdered cloves	salt to taste

Wash and soak the rice for 15 minutes. Fry the onion slices with bay leaves until brown. Add water, rice, spices, ginger paste, red chilli powder and salt and cook on a medium fire until tender and water is absorbed. Remove from the fire. Put fried potato kababs on top and cover the vessel so that the kababs become a little soft. Serve hot.

Potato kabab

1/2 kg potatoes	1/2 tsp fresh ginger, chopped
2 green chillies	1 tsp chopped coriander leaves
1/2 tsp black pepper	salt to taste
1 tsp cumin powder	
30 gms flour for batter	
ghee for deep frying	

Boil the potatoes until tender. Peel and grate them. Mix ground cuminseeds, salt, black pepper, chopped ginger, coriander and chillies into mashed potatoes. Make small oval-shaped balls. Dust with flour and dip into flour batter. Fry in hot ghee until golden brown.

Sweet Pulaos

CARROT PULAO *serves 8*

1/2 kg rice	150 gms ghee
300 gms sugar	6 green cardamoms
6 cups water	1/2 kg grated carrot
2 tps kewra flavour	30 gms raisins
3 silver leaves	1/2 tsp yellow colour
15 gms pistachio	

Put sugar, 1 cup water and grated carrots in a vessel and cook until half tender. Heat the ghee and fry soaked rice, cardamoms, 5 cups water and yellow colour and cook until water is evaporated. Now add the syrup prepared with 1 1/2 cup water and sugar, carrots and raisins and cook until rice is tender. Sprinkle kewra flavour and decorate with silver leaves and pistachios. If the rice is grainy, cover it with a wet cloth and cover the vessel tightly and keep on very low fire or over a pan of hot water for a couple of minutes. Serve hot.

KESARI PULAO *serves 8*

1/2 kg rice	150 gms ghee
1/2 tsp orange colour	300 gms sugar
6 green cardamoms	4 cloves
1 3/4 cups milk	4 1/2 cups water
60 gms raisins	60 gms almond
15 gms pistachios	1/4 tsp kesar
2 tps kewra flavour	4 silver leaves

Wash and soak the rice for 25 minutes. Heat sugar and 1 cup water in a vessel until syrupy. Heat the ghee with cloves and cardamoms, add rice, orange colour, water and cook on a low fire until water is evaporated. Now add the milk, syrup and kesar

dissolved in a little water. Cook on a very low fire until the rice is tender and each grain is separate. Mix blanched almonds (slit in halves), raisins, and pistachio slices with rice and cover the vessel. Sprinkle kewra flavour and decorate with silver leaves. Serve hot.

MANGO PULAO

serves 8

1/2 kg rice	60 gms almonds and pistachios
1 cup ripe mango pulp	240 gms castor sugar
110 gms ghee	2 tsps kewra flavour
6 green cardamoms	
60 gms cashewnuts and raisins	

Heat the ghee and add soaked rice, cardamoms, 5 cups water and mango pulp and cook on a low fire, until tender and water is absorbed. Transfer into another vessel and mix with castor sugar and kewra flavour lightly. Spread on an oval plate. Decorate with silver leaves, blanched almonds and pistachio slices and serve hot.

SHAHI SWEET PULAO

serves 8

1/2 kg rice	120 gms ghee
6 cups water	250 gms sugar
30 gms cherries	30 gms almonds
15 gms raisins	15 gms pistachios
6 silver leaves	6 green cardamoms
150 gms khoya	3 tsps castor sugar

1/2 tsp kewra flavour

1/2 tsp of each colour: orange, green, red and yellow

Pick, wash and soak rice for 25 minutes. Make a syrup of sugar with one cup of water. Remove from the fire and keep aside. Heat the ghee, add crushed green

cardamoms, rice and water. When the water is absorbed, add the syrup. Simmer until the rice is tender and the syrup has been absorbed; pour each colour separately on the rice. Let the rice remain on fire for 2 minutes. Remove from the fire, add khoya mixed with castor sugar and kewra, mix well with rice and keep it covered. Chop cherries, almonds and pistachios for decoration. Spread the rice in an oval plate. Decorate with silver leaves, almonds, pistachios and cherries. Serve hot.

RAINBOW FRUIT PULAO

serves 8

1/2 kg rice	250 gms sugar
6 cups water	120 gms sultanas
60 gms dessicated coconut	120 gms blanched almonds
60 gms pistachios	30 gm cherries
8 green cardamoms	2 tsp kewra flavour
5 silver leaves	120 gms khoya

1/4 tsp of each colour:

green, red, yellow and orange colours

Make a thin syrup of sugar and one cup water and keep aside. Heat the ghee with cardamoms, then add soaked and drained rice and water and cook until water is absorbed. Add the syrup, mashed khoya, fried sultanas, coconut and almonds and keep it on very low fire until the rice is cooked. Now pour each colour on the rice and cover the vessel with a close-fitting lid. Remove from the fire. Serve pulao in an oval dish, decorated with silver leaves, pistachios and cherry slices. Serve hot.

PARATHA, PURI AND NAN

Paratha

CHAPATI

serves 6

$\frac{1}{2}$ kg wholewheat flour $\frac{1}{2}$ tsp salt
water to make the dough

Sift flour and mix with salt. Add enough water gradually to make a soft, but not sticky dough. Knead well, cover with a wet cloth and keep aside for an hour. Knead it again. Form into small balls and roll out into flat, round, fairly thin rounds. Bake on a hot griddle for a few seconds on each side. Place directly on hot charcoals or gas flame and puff it. Place on a napkin. Serve hot at lunch or dinner. Chapatis and plain parathas are eaten with dal, curry or bhujia (dry vegetables) at meals.

PLAIN PARATHA

serves 10

1 kg wholewheat flour 1 tsp salt
200 gms ghee

Sift the flour, add salt and 1 tbsp ghee. Rub the ingredients between the palms to mix them thoroughly. Pour a little water at a time and knead to a soft but not too soft dough. Take a small portion of the dough, roll out into a chapati and smear with ghee. Fold up again into a round ball and roll out once more. Put one paratha at a time on a heavy and hot

griddle, bake one side and turn over. Add a little ghee from the sides till it gets a nice brown colour. Cook on a low fire and when ready, it should be crisp. Similarly, make more parathas. Serve hot.

BESAN PARATHA

serves 8

$\frac{1}{2}$ kg wholewheat flour	250 gms besan
salt to taste	$\frac{1}{2}$ tsp red chilli powder
125 gms ghee	1 tsp coarsely powdered
1 tsp chopped green	coriander seeds
chillies	2 tsps pomegranate seeds

Sift both the flours and knead them together with water into a dough as for chapatis. Mix all the above ingredients with the dough except the ghee. Make 12 round balls. Roll out each to a thick round, smear with a little ghee and fold it up again into a round ball. Dip the ball into dry wheat flour and roll out into a thin round paratha. Cook both sides of the paratha on a griddle and then baste well with ghee. Fry till golden brown on both sides. Serve hot at breakfast. Besan paratha is also served with curd at lunch.

CAULIFLOWER PARATHA

serves 6

$\frac{1}{2}$ kg wholewheat flour	1 big cauliflower
salt to taste	2 tsps coarsely powdered
120 gms ghee	coriander seeds
$\frac{1}{2}$ tsp red chilli powder	2 tsps pomegranate seeds
$\frac{1}{2}$ tsp black pepper	

Cut the cauliflower into small pieces. Discard the lower hard stalks, keep only the upper flower portions. Put them in a vessel with a little ghee, coriander, chilli powder, black pepper, pomegranate seeds and salt. Cook till the water is absorbed and the

cauliflower is soft. Fry for a few more minutes, remove from the fire and when slightly cool, grind to a coarse paste. Knead the flour with a little salt to a smooth dough. Take two small portions of the dough, and roll out two equal chapatis. Cover one with a thin layer of the filling (paste) and smear the other with ghee. Place this over the other, join the edges and roll out into a round. Fry as ordinary parathas. Serve hot with plain curd.

Variation: The filling can also be prepared as follows:

Wash and dry the cauliflower and grate it. Squeeze out the water and mix with salt, ground spices, red chilli, black pepper, coriander leaves and pomegranate seeds. A variety of parathas can be prepared by varying the fillings. Some of them are given below:

CHANA DAL PARATHA serves 6

250 gms chana dal	2 tsps chopped coriander
1 tsp chopped green chillies	leaves
salt to taste	1 small chopped onion
	2 tsps chopped fresh ginger

Pick, wash and soak chana dal for 15 minutes. Boil water, add chana dal and salt and cook until tender and each grain is separate. Strain to remove extra water. Cool and mix with all the above ingredients. Fill in the parathas (The dal water may be used to prepare the dough.)

METHI PARATHA

serves 6

250 gms fresh methi leaves	1 tsp pomegranate seeds
salt to taste	$\frac{1}{2}$ tsp red chilli powder
125 gms ghee	

Discard the stems of fenugreek and wash. Chop finely. Sprinkle salt and keep aside for 10 minutes. Squeeze out the water and mix with red chilli powder and pomegranate seeds.

PEAS OR MATAR PARATHA serves 6

$\frac{1}{2}$ kg green peas	2 tsps coriander powder
1 tsp ground spices	salt and chilli powder to taste
120 gms ghee	

Shell the peas, put in a vessel with water and salt, cover and simmer on a low fire till soft. Drain and grind the peas with ground spices, coriander and chillies to a fine paste.

HARA CHANA serves 6

Omit peas, instead use fresh green gram.

PEETHI PARATHA serves 6

200 gms ground urad dal without husk	2 tsps chopped coriander leaves
2 chopped green chillies	$\frac{1}{2}$ tsp coarsely powdered coriander seeds
2 tsps ground spices	salt to taste
1 tbsp ghee	

Mix all the above ingredients together and fry in ghee on a low fire for 10 minutes. Cool and fill in parathas.

POTATO PARATHA

serves 6

500 gms boiled potatoes 2 tsps chopped coriander
2 tsps chopped green leaves
 salt to taste
 chillies
 $\frac{1}{3}$ tsp black pepper $\frac{1}{4}$ tsp red chilli powder
2 tsps pomegranate seeds 120 gms ghee

Mash boiled potatoes and mix with all the spices and chopped ingredients.

RADISH PARATHA

serves 6

250 gms white tender $\frac{1}{2}$ tsp turmeric
 radish salt to taste
1 tsp coarsely powdered $\frac{1}{2}$ tsp red chilli powder
 coriander 120 gms ghee
2 chopped green chillies 1 tsp pomegranate seeds

Grate and squeeze out all the water of the radish. Heat half of the ghee and fry grated radish with all the spices, salt, green chillies until dry, cool.

THYMOL SEED PARATHA

serves 6

Add 1 teaspoon thymol seeds to the dough.

Puri

ATTA KI PURI

serves 7

$\frac{1}{2}$ kg wholewheat flour 50 gms ghee
 $\frac{1}{2}$ tsp salt water
ghee for deep frying

Sift the flour and salt and knead it with water to a smooth and slightly stiff dough. Cover with a wet cloth and keep for one hour. Knead again and make small

round balls about the size of a walnut. Roll out each ball into a round $\frac{1}{2}$ mm thick and put in hot ghee. Press it until it puffs up and then turn it once, fry till light brown. Serve hot with any vegetable bhujia.

Variation: Omit wholewheat flour and use refined flour instead.

MALAI PURI

serves 6

250 gms flour $\frac{1}{4}$ cup cream
 $\frac{3}{4}$ cup milk 250 gms potatoes
ghee for deep frying

Boil the potatoes, peel and mash to a smooth paste. Mix together flour, cream, mashed potatoes and a little salt thoroughly. Sprinkle a little milk and knead into a smooth and fairly stiff dough. Divide into small balls and roll out into thick puris. Heat enough ghee in a heavy frying pan and when smoking hot, reduce the fire and fry the puris golden brown on both sides. Serve hot with potato bhujia.

STUFFED POTATO PURI

serves 6

$\frac{1}{2}$ kg flour $\frac{1}{2}$ tsp salt
1 tbsps ghee ghee for deep frying
 $\frac{1}{2}$ kg potatoes 30 gms ghee
1 tsp white cuminseeds $\frac{1}{2}$ tsp red chilli powder
2 tsps ground spices salt to taste
water

Boil the potatoes until tender. Cool and mash. Add all the spices, red chilli powder and salt to taste. Heat the ghee, add potatoes with spices and cook for a minute. Cool. Knead the flour into a dough as for atta puri. Make round balls, the size of billiard balls. Fill

mashed potatoes in each ball and roll them out into 1mm thick rounds. Deep fry in ghee until golden brown and puffed up. Drain to remove excess ghee. Serve hot at breakfast.

STUFFED PEETHI PURI

serves 6

Omit potatoes and add 200 gms peethi instead.

Dosa, Nan, Batura

DOSA (SOUTH INDIAN)

serves 6

400 gms rice	200 gms urad dal
$\frac{1}{2}$ tsp turmeric	1 kg potatoes
1 cup shelled peas	200 gms onion
2 tsps chopped coriander leaves	$1\frac{1}{2}$ tsps mustard seeds
1 tbsp ghee	50 gms green chillies
salt to taste	2 tsps chopped ginger
	1 cup water

Soak the rice and dal separately overnight. Strain and grind them separately with the same water in which they were soaked. Mix the two together, add water to make a batter of thick consistency (pakora batter).

Filling

Heat the ghee, add mustard seeds. When they splutter, add chopped onion, peas and one cup water and cook until tender. Now add coarsely mashed boiled potatoes, chopped green chillies, ginger, coriander leaves and salt and mix well. Cook for two minutes. Cool. Heat a little ghee, then pour the batter on a griddle like a pancake and pour a little ghee round it. Fry one side until light brown. Put potato mixture on the dosa and fold over and serve.

NAN

serves 6

350 gms flour	125 gms wholewheat flour
$4\frac{1}{2}$ tsps sugar	1 tsp salt
150 gm curds	$1\frac{1}{4}$ tsps soda bicarbonate
6 tsps melted ghee	2 tsp aniseed
2 tsps poppy seeds	$\frac{1}{2}$ tsp onion seeds

Sift the flour and wholewheat flour, mix with it salt, sugar, ghee and curds. Knead it with a little water until smooth and elastic. Keep it for 15 minutes. Meanwhile, heat the tandoor. Dissolve soda in $\frac{1}{2}$ tbsp water and mix with the dough and knead it again. Make big round balls, flatten each between the palms of hands. Mix aniseed, onion seeds and poppy seeds in a little water and sprinkle over the nans. Flatten more with hands and then stretch lengthwise from the bottom and bake in a moderate tandoor. Cover the tandoor and leave the nan in it till golden in colour. Remove from the tandoor and serve hot. If it cannot be served immediately, wrap in a duster and keep in a covered vessel so that it remains soft.

BHATURA

serves 10

$\frac{1}{2}$ kg flour	250 gms semolina
100 gms yeast	100 gms ground urad dal
ghee for frying	

Soak the semolina in $1\frac{1}{2}$ cups of water, overnight. Add the soaked semolina and yeast into the sifted flour and knead it by adding a little warm water, until soft. Grease a metal dish with oil, put the dough on it and then sprinkle a little oil on it and keep for $\frac{1}{2}$ hour. Now make round balls of the dough, fill urad dal mixed with a little salt and red chilli in each. Put on a greased metal dish and then sprinkle oil and keep for another half an hour. Flatten with palms of hands and

deep fry in ghee till it puffs up. Turn over, fry till light brown.

Yeast

100 gms flour
1 cup hot water
 $\frac{1}{4}$ tsp soda bicarbonate
50 gms curd

Mix all the ingredients together and keep for one day in a warm place.

CURRIES

ARBI CURRY

serves 10

1 kg arbi	1 lemon
$1\frac{1}{2}$ tsps red chilli powder	2 tsps ground fresh ginger
1 cup curd	1 cup water
250 gms ghee	1 tsp white cumin powder
salt to taste	2 tsps ground spices
1 tsp black pepper	

Peel and wash the arbi and prick it with a fork. Sprinkle with lemon juice and 1 tsp salt and keep it aside for one hour. Fry it in hot ghee until golden brown. Now mix turmeric, ground ginger, ground spices, red chilli powder, black pepper, ground white cuminseeds and salt with it. Stir it for a few minutes. Beat the curds with water, pour onto the fried arbi and cook until the gravy is thick. Remove from the fire. Sprinkle chopped coriander leaves. Serve hot.

CHANA DAL CURRY

serves 8

Curry

250 gms chana dal	$\frac{1}{2}$ kg sour curds
without husk	1 tsp red chilli powder
15 cups water	2 tsps ground spices
2 tsps coriander powder	1 tsp turmeric
a small piece of asafoetida	$\frac{1}{2}$ cup ghee
1 tsp pomegranate seeds	salt to taste

Soak 500 gms chana dal overnight. Drain and grind it finely. Divide the ground dal into two portions. Heat

the ghee, fry asafoetida until brown and crush it with a spoon. Fry half the dal with turmeric for 10 minutes. Add the curds beaten with water and stir it until it boils. Add pakoras, all the spices, salt and red chilli powder and cook on a low fire until thick, and pakoras become soft. Sprinkle coriander and serve hot with rice or chapatis. (Make it thick for serving with chapatis and thin for rice.)

Pakora

250 gms chana dal	1 tsp ground red chilli
1 tsp chopped fresh ginger	1 tsp chopped coriander
1 tsp chopped onion	1 tsp chopped green chilli
1 tsp ground spices	1 tsp coarsely powdered coriander seeds
ghee for deep frying	
salt to taste	

Now, with the other portion of the ground chana dal, mix all the above ingredients of pakoras. Heat the ghee, drop the mixture with a teaspoon or hand and fry the pakoras until brown. Drain and keep aside.

CREAM BALL CURRY *serves 10*

Curry

4 onions	5 cloves garlic
2 tsp ground fresh ginger	$\frac{1}{2}$ tsp turmeric
200 gms tomatoes	few coriander leaves
1 tsp red chilli powder	2 tsps ground spices
3 tbsps ghee	1 tsp white cumin powder
salt to taste	

Fry the chopped onion and garlic till light brown. Add blanched and chopped tomatoes, ground ginger, turmeric, red chilli powder, salt and ground spices and stir until the gravy becomes thick. Add water and cook for 15 minutes.

Balls

2 litres milk	2 tsps citric acid
5 gms almond	5 gms pistachio
10 green cardamoms	ghee for deep frying

Boil the milk, dissolve citric acid in half cup of water and add gradually to milk until it curdles. Leave it for a few minutes to set. Strain through a muslin cloth and squeeze out all the liquid. Place the paneer on a clean thali or plate and knead it with one hand until it becomes soft. Grind almonds, pistachio nuts and green cardamoms with milk. Make round balls of paneer and in the centre of each ball, fill the ground almond, pistachio and cardamom mixture. Deep fry in ghee till golden brown. Put in the gravy and cook till soft. Serve hot.

CREAM KOFTA CURRY *serves 10*

Kofta

7 plantains (raw bananas)	2 tsps salt
$\frac{1}{2}$ tsps turmeric	2 tsps ground fresh ginger
(for boiling bananas)	3 tsps chopped coriander leaves
6 tsps dry breadcrumbs	
$\frac{1}{4}$ tsp nutmeg	125 gms khoya
10 peeled almonds	4 green cardamoms
$\frac{1}{2}$ tsp ground spices	

Cut the plantains into four pieces without peeling. Mix turmeric and salt in water and boil the pieces in it until tender. Cool, peel and mash and mix with chopped coriander leaves, ginger, breadcrumbs, salt and ground spices. To the khoya, add ground nutmeg, green cardamoms, almonds and a little mixture of mashed plantains. Make small balls of the khoya mixture and fill in each ball, a little plantain mixture

and shape them into koftas. Dust with flour. Fry in ghee until brown in colour.

Gravy

250 gms onion	12 cloves garlic
small pieces of coconut	3 tsp ground fresh ginger
1 tsp turmeric	60 gms tomatoes
2 tsps chopped coriander leaves	1 1/2 tsps red chilli powder
4 tsps ground spices	crushed green cardamoms
salt to taste	5 tbsps ghee
	2 tsps white cuminseeds

Fry the chopped onion and garlic till light brown. Add salt, red chilli powder and cook till onions are brown. Add chopped tomatoes, ground ginger, ground coconut, ground white cuminseeds and ground spices and stir until it becomes a thick gravy. Add 3 cups of water and cook for 15 minutes. Now add fried koftas and cook until they are soft. Sprinkle chopped coriander leaves. Serve hot.

CHANA AND DHINGRI CURRY *serves 7*

250 gms kabuli chana	60 gms dhingri
1/2 tsp turmeric	1/2 tsp red chilli powder
1/2 tsp black pepper	2 tsps chopped coriander leaves
2 tsps ground spices	200 gms tomatoes, skinned
200 gms onion	1 tsp ground fresh ginger
1 ground garlic clove	
salt to taste	
1/2 cup ghee	

Soak white mushroom and chana separately overnight. Cut mushrooms into small pieces. Boil the chana in salted water till tender. Heat the ghee, fry chopped onion until light brown, add ground garlic,

ginger and 1/2 cup water. To this, add chopped tomatoes, turmeric, red chilli powder and salt and stir till onion is tender. Now add the boiled chana and mushrooms and 1 litre of water and cook on a low fire until gravy is thick. Mix coriander and ground spices with it. Serve hot.

KHOYA MATAR CURRY *serves 8*

250 gms khoya	1 kg peas
200 gms tomatoes	1/2 cup ghee
salt to taste	1 tsp asafoetida water
2 tsps white cumin powder	1 tsp red chilli powder
2 tsps ground spices	2 tsps chopped coriander leaves
1/2 tsp turmeric	1 tsp ground fresh ginger
30 gms gresh coconut	

Heat the ghee. Put asafoetida water in it, add the khoya and stir with a flat spoon until it is light brown. Add the peas, red chilli powder, ground white cuminseeds, turmeric, ground ginger, salt, ground coconut and water and cover the vessel. Fry the tomatoes in a frying pan and mix them with khoya and matar. Let it simmer for a few minutes until peas are tender. Put the ground spices with chopped coriander leaves. Serve hot.

MALAI KOFTA CURRY *serves 8*

Kofta

1/2 kg potatoes	2 green chillies, finely chopped
1/2 tsp coriander leaves	1 tsp very finely chopped fresh ginger
1 tsp cumin powder	
1/3 tsp ground spices	

flour for batter (mix	breadcrumbs for coating
1/2 cup water with	ghee for frying
1/3 cup flour)	salt to taste
1/2 cup cream or malai	

Boil the potatoes with 1 tsp salt till they become tender. Drain, cool, peel and grate them. Add ground spices, cuminseeds, coriander leaves, green chillies, ginger and salt and mix well. Make round flat balls and fill the malai or cream in each. Make round balls, and dip into flour batter. Coat with breadcrumbs and fry 3 or 4 at a time in hot ghee till golden brown.

Gravy

1 heaped cup chopped onion	4 cloves garlic
	1 tsp red chilli powder
2 tsps ground fresh ginger	1 tbsp ground spices
1 tsp kasturi methi	250 gms tomatoes
1 tsp ghee	4 green cardamoms
1 bay leaf	few coriander leaves
2 tsps cumin powder	salt to taste

Fry the onion till light brown. Add ground ginger, garlic and 1 1/2 cups water and cook till the water is evaporated. Add bay leaf, chopped tomatoes, ground cuminseeds, ground spices, red chilli powder, green cardamoms, salt to taste and kasturi methi. Cook till the masala leaves its ghee. Then add 2 1/2 cups water and cook till 3/4 cup is left. Remove from the fire. Put the koftas in the dish and pour boiling gravy over this. Sprinkle chopped coriander leaves.

MUGLAI POTATO KOFTA CURRY serves 8

Kofta

1/2 kg potatoes	2 tsps ground poppy seeds
1 tsp ground fresh ginger	2 tsps chopped coriander
2 tsps green chillies	leaves

1 1/2 tsps cumin powder	1 tsp ground spices
salt to taste	4 green cardamoms
batter for dipping	breadcrumbs for coating
ghee for frying	

Boil the potatoes in salted water till tender. Cool, peel and grate them, and mix with the above ground ingredients.

Filling

200 gms paneer	1/2 tsp yellow colour
salt to taste	

Mash the paneer and mix yellow colour and salt with it. Make round balls and cover with the potato mixture. Dip into the flour batter and coat with breadcrumbs and fry in hot ghee till light brown. At the time of serving, cut each kofta into half, pour the gravy in a dish and put the halved koftas in it.

Gravy

1 cup chopped onion	2 tsps ground ginger
6 cloves garlic	1 1/2 tsps red chilli powder
1 1/2 tsps cumin powder	2 tsps ground spices
4 green cardamoms	2 tsps ground poppy seeds
300 gms tomato	1 tsp coriander leaves
1 tsp sugar	1 tbsp ghee
salt to taste	

Fry the chopped onion till light brown. Then add ground garlic, ginger, 1 cup water, red chilli powder and salt and stir till water is evaporated. Add blanched and chopped tomatoes, sugar, ground spices, cumin powder, crushed cardamoms and poppy seeds and stir till the mixture leaves its ghee. Now add 2 cups of water and cook till gravy is thick. Pour in a dish and decorate with koftas. Garnish with coriander leaves.

MINCED MUSHROOM CURRY *serves 8*

120 gms white mushrooms	4 onions
8 cloves garlic	4 medium tomatoes
2 tsps ginger	a few coriander leaves
1½ tsps red chilli powder	2 tsps ground spices
1½ kg peas	3 green cardamoms
3 tbsps ghee	½ tsp turmeric
1½ tsps white cumin powder	salt to taste

Soak white mushrooms overnight in water. Wash and mince them. Fry chopped onion, garlic until brown, add chopped tomatoes, ground ginger, turmeric, red chilli powder, salt, ground spices, crushed green cardamoms and white cumin powder and stir constantly until gravy becomes thick. Add minced mushrooms, peas and chopped coriander leaves and fry for two minutes. Add water and cook on a low fire until tender.

MUKUND VARI CURRY *serves 6*

1 kg wholewheat flour	½ tsp turmeric
1 tsp salt	4 onions
6 cloves garlic	2 tomatoes
2 tsps fresh ginger	a few coriander leaves
1 tsp red chilli powder	½ kg peas
2 tsps ground spices	3 tbsps ghee
(cloves, cuminseeds, coriander seeds and cinnamon)	salt to taste

Knead the flour as for chapatis and keep it aside for 15 minutes. Wash it several times in running water until it becomes elastic. Boil water with one tsp salt and add the elastic atta and cook until it increases to twice its volume. Remove from the water and cool.

Squeeze out the water and cut into small pieces. Fry in ghee till light brown.

Fry chopped onion and garlic in ghee until brown; add chopped tomatoes, ground ginger, turmeric, red chilli powder, salt and ground spices and stir constantly until done. Add peas, fried elastic atta and chopped coriander leaves, and fry for two minutes. Add 3 cups water and cook on a low fire until tender and one cup of water is left. Serve hot.

PANEER MATAR CURRY *serves 8*

Curry

750 gms peas	250 gms paneer
4 medium onions	6 small slices of fresh ginger
10 cloves garlic	3 medium tomatoes
1 tsp red chilli powder	½ tsp turmeric
2 tsps ground spices	1 tsp chopped coriander leaves
½ cup ghee	
salt to taste	

Heat the ghee, fry ground onion and garlic until light brown. Add ½ cup water, fry ground ginger, chopped tomatoes, salt, turmeric and red chilli powder and stir for a few minutes. Put shelled peas and fried paneer pieces and saute for five minutes, then add 3 cups of water and cook until peas are tender. Mix ground spices and chopped coriander leaves. Serve hot.

POTATO CURRY *serves 8*

½ kg potatoes	120 gms onion
200 gms tomatoes	1 tsp fresh ginger paste
½ tsp garlic paste	1 tsp dry methi
½ tsp turmeric	1 tsp red chilli powder

1 tsp chopped coriander leaves	2 tsps ground spices
	salt to taste
$\frac{1}{2}$ cup ghee	

Fry chopped onion until light brown, add ground ginger, garlic, red chilli powder and turmeric and fry for a few minutes. Add one cup of water and salt and stir for a minute, until onion is tender. Add peeled and chopped tomatoes and cook until a thin gravy is formed. Add potatoes, peeled and cut into big pieces, methi and fry for 10 minutes. Add 3 cups more water and cook on a low fire until tender. Remove from the fire and sprinkle chopped coriander leaves. Serve hot.

PUMPKIN KOFTA CURRY

serves 6

Kofta

1 kg pumpkin	6 tsps roasted besan or
2 tsps ground fresh ginger	6 tsp breadcrumbs
2 ground green chillies	2 tsps chopped coriander
1 tsp ground spices	leaves
60 gms khoya	$\frac{1}{4}$ cup cream
5 blanched almonds	4 green cardamom
30 gms flour for batter	salt to taste

Grate the pumpkin and boil until tender. Squeeze out the water and add ground ginger, coriander leaves, green chillies, roasted besan or breadcrumbs, ground spices and salt and mix well. Make a paste of cream, khoya, ground almonds and green cardamoms. Make 12 round balls of cooked pumpkin, fill cream paste in each. Make a batter with flour and water, dip koftas into it and deep fry in ghee until brown.

Gravy

250 gms onion	6 cloves garlic
2 tsps fresh ginger paste	1 tsp turmeric

350 gms tomatoes	2 tsps chopped coriander
$2\frac{1}{2}$ tsps red chilli powder	leaves
5 tsps ghee	4 tsps ground spices
2 tsps white cumin powder	$\frac{1}{2}$ cup khoya
	salt to taste
4 green cardamoms, powdered	

Fry ground or chopped onion and garlic until light brown, add salt and water and cook till onion is tender. Add chopped tomatoes, ginger paste, red chilli powder, ground spices, white cuminseeds, cardamom powder and coriander leaves and stir until it becomes a thick gravy; add khoya and stir for a few minutes. Add water and cook for 15 minutes. Remove from the fire, put fried koftas in the gravy and keep for a few minutes and serve.

PUNJABI BESAN CURRY

serves 6

Curry

$\frac{1}{2}$ kg sour curds	120 gms besan
$1\frac{1}{2}$ tsps coriander powder	$1\frac{1}{2}$ litres water
$\frac{1}{4}$ cup ghee	1 tsp pomegranate seed
1 tsp turmeric	$\frac{3}{4}$ tsp red chilli powder
1 tsp chopped coriander leaves	salt to taste

Beat the curds and mix besan with a wooden spoon. Add salt, dry coriander, red chilli and 1 litre water. Boil $\frac{1}{2}$ litre water with turmeric. Pour besan mixture into it and stir constantly until it boils. Add ghee and continue boiling for 15 minutes, then add pakoras and cook until thick. Sprinkle coriander leaves. Serve hot with boiled rice or chapatis. (Keep the curds for 12 hours to make it sour.)

Pakora

120 gms besan	1 big onion
$\frac{1}{4}$ tsp red chilli powder	salt to taste
water	ghee for deep frying

Sift besan, add water gradually until a thick dropping consistency is formed. Mix salt, chilli powder and onion slices with it. Heat ghee well and put spoonful of this mixture into it. Fry until golden brown, keep aside.

PANEER KOFTA CURRY

serves 6

Kofta

300 gms paneer	12 tsps arrowroot
5 tsps breadcrumbs	1 tsp ground spices
$\frac{1}{4}$ tsp soda bicarbonate	salt to taste

Filling

4 green cardamoms	4 tsps ground pistachios
15 ground almonds	$\frac{3}{4}$ cup paneer
$\frac{1}{2}$ tsp cumin powder	1 tsp ground spices
$\frac{1}{4}$ tsp yellow colour	ghee for frying

Mix the paneer, arrowroot, salt and spices and rub it till smooth. Mix soda bicarbonate, breadcrumbs and arrowroot with it. Make round balls. Mix all the ingredients of the filling together and fill the mixture inside each ball. Fry in hot ghee till golden brown.

Gravy

$\frac{1}{2}$ cups chopped onion	6 cloves garlic
3 tsps fresh ginger paste	250 gms tomatoes
1 cup curds	$\frac{1}{4}$ cup khoya
2 tsps ground spices	a few coriander leaves
$1\frac{1}{2}$ tsps red chilli powder	3 tsps ghee
4 green cardamoms	salt to taste

Fry the chopped onion and crushed cardamoms in ghee till brown. Add salt, garlic and ginger paste and one cup of water and stir till dry and onion is tender. Now add peeled and chopped tomatoes, curd, ground spices, red chilli powder and stir till gravy is thick. Pour 3 cups of water and cook again till gravy is a little thick. Then add koftas and mashed khoya. Cook till koftas are soft, sprinkle coriander leaves.

SAMBAR (SOUTH INDIAN)

serves 8

250 gms arhar dal	1 tsp turmeric
2 tsps ghee	2 to 15 cups water
2 onions	60 gms tamarind
2 tsps mustard seed	3 medium tomatoes
200 gms drumsticks	4 whole red chillies
1 tsp methi seed	2 tsps white cuminseeds
15 gms kukum	salt to taste

Sambar powder: 4 tsps coriander seeds, 12 black peppercorns, 6 whole red chillies and $\frac{1}{2}$ fresh coconut.

Soak tamarind and kukum separately. Cook arhar dal with water, turmeric and 1 tbsp ghee until tender and no grain is seen. Cut drumsticks into 5 cm pieces and keep in hot water for 10 minutes. Remove from the water. Add to the dal drumsticks, sliced onions, big pieces of tomatoes and cook for ten minutes. Fry mustard seeds and four red chillies until brown, add methi seeds and fry until light brown, and add to dal. Now add tamarind pulp, kukum, salt and sambar powder and cook for ten minutes. If thick, add $2\frac{1}{2}$ cups of hot water. Add chopped coriander leaves and ground white cuminseeds and cook for 5 minutes. Serve with dosa or rice.

SINDHI CURRY

serves 8

100 gms besan	30 gms kukum
1/2 cup ghee for frying	10 cups water
besan	a few mint leaves
3 tsps turmeric	2 tsps chopped coriander
2 tsps methi seeds	leaves
1 tbsp white cuminseeds	1 tsp ghee for frying
5-6 dry mango pieces	fenugreek and cumin
60 gms tamarind	1 tsp ghee for frying
6 green chillies	mustard
120 gms drumsticks	2 tsps mustard seeds
150 gms cauliflower	150 gms bhein or kamal
150 gms potatoes	kakri
150 gms brinjal	60 gms peas

Soak kukum, tamarind and dry mango pieces separately. Fry besan in ghee until light brown, add water, turmeric, salt and big pieces of bhein. Fry methi and white cuminseeds until light brown and add to besan. Cook for 10 minutes. Add peas, brinjal, cauliflower and drumsticks, chopped green chillies, 4 whole chillies and potatoes and cook until tender. Put chopped coriander leaves, mint leaves, kukum, tamarind pulp, dry mango pieces and cook for a few minutes. Fry mustard in ghee and add to curry. Serve hot.

VEGETARIAN NARGASI

KOFTA CURRY

serves 8

Kofta

1/2 kg bhein or	200 gms paneer
kamal kakri	2 tsps white cumin powder
1/2 tsp yellow colour	2 green chillies
3/4 cup roasted besan	1 tsp chopped coriander
2 tsps chopped ginger	leaves

salt to taste

ghee for deep frying

Boil bhein in salted water till tender. Strain, cool and mash them. Mix cumin powder, roasted besan, chopped green chilli, ginger, coriander and salt with bhein. Take one-fourth of the paneer and mix with yellow colour. Rub it till smooth. Make small round balls and fill with mashed white paneer. Form into egg shapes. Cover with bhein mixture and fry in deep ghee till golden brown. Cool the koftas, cut into halves and keep aside.

Curry

1 cup grated onion	4 cloves garlic
2 tsps chopped ginger	1 tsp red chilli powder
2 tsps white cumin powder	1 tsp ground spices
2 cloves	6 blanched almonds
4 green cardamoms	3 big tomatoes
3/4 cup ghee	salt to taste

Fry the grated onion till golden brown, add ground garlic and ginger and 1 1/2 cups water. Cook till dry. Mix all the spices and peeled and chopped tomatoes, red chilli powder and salt and stir till it leaves its ghee. Add 4 cups of water and cook till 1 1/2 cups water is left. Put the gravy in a dish, arrange koftas on it and sprinkle coriander leaves.

BHUJIA

ARBI BHUJIA

serves 8

1 kg arbi	1 tsp red chilli powder
1/2 tsp black pepper	4 tps amchoor
1 1/2 tps turmeric	4 tps white cumin powder
2 or 3 tbsps ghee	2 tps chopped coriander leaves
salt to taste	

Wash arbi and boil with 1 1/2 tps salt in water. When tender, remove from the fire and peel. Press a little with hands and deep fry in ghee until brown. Heat 3 tbsps of ghee, add arbi, turmeric, salt, chilli powder, black pepper, coriander leaves, amchoor, white cumin powder and fry for 2 to 3 minutes. Remove from the fire and serve hot.

MASALA ARBI

serves 8

1 kg arbi	1 tsp turmeric
3 tps ground spices	2 tps coriander powder
120 gms onion	2 tps fresh ginger paste
250 gms tomatoes	2 tps chopped coriander leaves
3/4 cup ghee	
salt to taste	

Peel, wash and dry the arbi. Cut into big pieces and fry until light brown. Heat the ghee and fry ground onion, ginger, turmeric and red chilli powder until light brown. Add arbi and fry it with masala until it is well browned. Then put peeled and chopped tomatoes in it and stir till a thick and smooth gravy is formed. Mix ground spices and coriander leaves with it.

ARBI WITH ONION serves 8

1 kg arbi	1 tsp turmeric
4 green chillies	1 tsp black pepper
360 gms onion	slices of 2 to 3 lemons
240 gms ghee	salt to taste

Scrape and wash the arbi and cut into round pieces. Cut onion slices. Heat the ghee, fry onion, turmeric and arbi on a low fire until golden brown and tender. Add salt and black pepper. Serve hot with lemon slices.

BRINJAL BHURTHA

serves 4

1/2 kg big brinjals	2 big onions
200 gms tomatoes	1/2 tsp black pepper
1/2 tsp red chilli powder	1/2 cup ghee
salt to taste	

Roast whole brinjals over a charcoal fire or grill in an oven placed on a wire rack. Turn them frequently until tender and skin is burnt. Immerse in cold water and peel the skin. Mash well. Heat ghee, fry chopped onions until light brown and mix with mashed brinjals and tomatoes (chopped). Stir until it leaves the sides of pan. Remove from the fire, mix black pepper and red chilli powder.

CAPSICUM BHUJIA

serves 6

250 gms capsicums	125 gms onions
250 gms tomatoes	3/4 tsp turmeric
1/2 cup ghee	1 tsp ground spices
1 tsp chopped coriander leaves	salt to taste

Cut onion into slices. Cut capsicums and tomatoes into big pieces. Heat the ghee, add turmeric, and fry capsicums, onions, and tomatoes together with salt until dry. Add ground spices and coriander leaves. Serve hot.

Variation: Potatoes can be added, if desired.

CAPSICUMS STUFFED WITH POTATOES

serves 6

250 gms capsicums	350 gms boiled potatoes
2 to 3 green chillies	1 tsp chopped coriander leaves
2 tsps chopped fresh ginger	$\frac{1}{2}$ cup ghee
$\frac{1}{2}$ tsp turmeric	$\frac{1}{2}$ tsp ground spices
1 tbsp amchoor	salt to taste

Chop the boiled potatoes and green chillies. Heat ghee, add turmeric and fry the chopped ingredients for a few minutes. Remove from the fire, add salt, ground spices and amchoor and mix well. Slit the capsicums lengthwise, fill the cooked potatoes inside. Put them in the same pan and cover. Cook on a very low fire until tender.

CAPSICUMS STUFFED WITH SPICES

serves 4

250 gms capsicums	$\frac{1}{2}$ tsp turmeric
3 tsps white cumin powder	3 tsps coriander powder
2 ground cloves	1 tbsp amchoor
$\frac{1}{2}$ tsp black pepper	$\frac{1}{4}$ tsp cinnamon powder
$\frac{1}{2}$ kg curds	$\frac{1}{2}$ cup ghee
$\frac{1}{4}$ tsp asafoetida	salt to taste

Heat ghee, put asafoetida, then add turmeric, curds, ground spices, salt and pepper and stir until browned. Remove from the fire, add amchoor and cool. Silt the capsicums lengthwise and fill the fried spices in them. Cover the pan and cook on a low heat until capsicums are tender.

FRIED CHANA WITH GRAVY *serves 8*

$\frac{1}{2}$ kg kabuli chana	6 cups water
2 level tsps soda bicarbonate	$1\frac{1}{2}$ tsps red chilli powder
1 tbsp ghee	4 tsps salt for the masala below
4 tsps ground spices	8 tsps amchoor
2 tsps white cumin powder	120 gms tamarind
1 tsp chilli powder for tamarind	250 gms tomatoes
60 gms ginger slices	4 medium onions
	8 green chillies

Soak the chana overnight in water with soda bicarbonate. Heat ghee, put red chilli powder and soaked chana and boil in the same water until tender. Add salt, amchoor, spices and cuminseed powder and mix it lightly. Cut onions into slices and tomatoes into medium pieces. Cut ginger into long strips. Soak tamarind in $1\frac{1}{2}$ cups of water, pass through a sieve and mix with red chilli powder. Serve onion, tomatoes, green chillies and tamarind pulp separately. Serve hot with plain puree.

KHATTA CHANA *serves 10*

$\frac{1}{2}$ kg chana	1 tsp tea leaves
1 tsp salt	2 tsps soda bicarbonate
8 cups water	

Soak chana with tea leaves tied in a muslin cloth and soda bicarbonate overnight in water. Boil with salt till quite tender on a low fire. Put it in a strainer to drain water. Then mix the following ingredients in the boiled chana:

4 sliced lemons	4 tsps salt
12 green chillies	120 gms onion slices
250 gms tomatoes	60 gms ginger
4 tsp chopped coriander leaves	2 tsps turmeric
	4 tsps black pepper
60 gms pomegranate seeds	2 tsps black cumin powder
	1 tsp amchoor
1 tsp red chilli powder	1 cup melted ghee

Cut ginger into long strips. Grind pomegranate seeds finely with one cup of water and strain. Put in a pan. Mix salt, turmeric, ground spices and pepper with chana and cook in pomegranate water for a few minutes. Pour smoking hot ghee over them. Sprinkle with ginger, coriander, halved green chillies, onion, lemon and tomato slices.

SPECIAL SOOKHA CHANA *serves 10*

$\frac{1}{2}$ kg kabuli chana	2 cm piece cinnamon
4 cloves	2 tsps soda bicarbonate
6 cardamoms	1 medium piece ginger
$7\frac{1}{2}$ cups water	2 tsps salt

Wash and soak the chana in water with all the ingredients, except salt, overnight. Boil with salt on low fire until quite tender. Put in a strainer and remove all the spices.

Masala

5 tsps ginger	4 tsps chopped green coriander leaves
200 gms boiled potatoes	

10 green chillies	3 lemons
1 cup butter or ghee	250 gms tomatoes
3 tsps black pepper	$\frac{1}{4}$ tsp grated nutmeg
2 tsps coriander powder	$\frac{1}{2}$ tsp ground cloves
4 tsps black cumin powder	3 tsps white cumin powder
	$\frac{1}{2}$ tsp ground big cardamoms
$\frac{1}{2}$ tsp cinnamon powder	5 gms black salt
3 to 4 tsps amchoor	
4 to 5 tsps salt	

Mix lightly three-fourths of the ground ingredients, small pieces of potatoes, long slices of ginger and chopped coriander leaves in chana. Heat the ghee and pour over chana, then add 1 cup of boiling water and mix well. Put the vessel on very low fire for 10 minutes. Sprinkle the rest of the ground spices before serving. Decorate with green chillies and tomato pieces.

LADYSFINGER BHUJIA—I *serves 6*

$\frac{1}{2}$ kg ladysfinger	250 gms onions
$\frac{1}{2}$ cup ghee	1 tsp black pepper
$\frac{3}{4}$ tsp turmeric	salt to taste

Cut the onion into slices and ladysfingers into small pieces. Heat the ghee, add turmeric and fry ladysfingers for 5 minutes and add onions, salt and pepper and stir on a low fire until the onions and ladysfingers are tender and light brown in colour. Serve hot.

LADYSFINGER BHUJIA—II *serves 6*

$\frac{1}{2}$ kg ladysfingers	1 tsp turmeric
1 tsp black pepper	2 tsps amchoor

2 tsps ground spices $\frac{1}{2}$ cup ghee
250 gms onions, sliced salt to taste

Fry the onion until light brown. Remove from the ghee and fry ladysfingers cut in small pieces, until light brown. Mix turmeric, salt, pepper, amchoor, fried onions and ground spices with fried ladysfingers and stir for a few minutes.

LADYSFINGERS IN CURD serves 6

$\frac{1}{2}$ kg ladysfingers $\frac{1}{2}$ cup ghee
 $1\frac{1}{2}$ tbsp coriander powder 1 tsp turmeric
 $\frac{1}{2}$ tsp red chilli powder $\frac{1}{2}$ cup curds
1 tsp ground spices salt to taste

Wash and dry ladysfingers. Cut from both ends. Heat the ghee and fry them whole until golden brown. Remove, fry coriander, cuminseeds, turmeric and red chilli powder until light brown. Add beaten curds and salt and stir for a few minutes until thick. Mix fried ladysfingers and ground spices with the thick gravy and stir for a few minutes. Serve hot.

LADYSFINGERS IN TOMATO SAUCE serves 6

$\frac{1}{2}$ kg ladysfingers $\frac{1}{2}$ kg tomatoes
1 tsp chopped ginger 1 spring onion
 $\frac{1}{4}$ tsp red chilli powder 2 cloves
6 peppercorns $\frac{1}{2}$ cup ghee
salt to taste

Wash and dry the ladysfingers. Fry them whole with a little salt in ghee until light brown and tender. Remove. Chop spring onion and tomatoes. Cook the chopped ingredients, salt, cloves, peppercorns and

red chilli powder together in a pan until tender. Pass through a sieve. Heat it and then mix with fried ladysfingers and stir for a few minutes.

STUFFED LADYSFINGERS serves 5

$\frac{1}{2}$ kg ladysfingers 1 tbsp amchoor
1 tsp turmeric 1 tsp coriander powder
1 tsp black pepper $\frac{1}{2}$ cup ghee
1 tsp salt

Wash the ladysfingers and dry with a cloth, remove both ends and slit lengthwise. Mix amchoor, turmeric, salt, coriander and black pepper together and stuff in ladysfingers. Heat ghee, fry them on a low fire until light brown and tender. Serve hot.

MAKHANI TOMATO PANEER serves 6

$\frac{1}{2}$ kg tomato 2 cloves
 $\frac{1}{4}$ cup butter 3 tsps sugar
 $\frac{1}{2}$ tsp red chilli powder a few coriander leaves
250 gms paneer 1 tsp fresh ginger paste
salt to taste

Cook chopped tomatoes and cloves till tender. Pass through a sieve. Mix sugar, salt, red chilli powder, ground ginger with tomato pulp. Cook for 5 minutes, add thick pieces of paneer, coriander leaves and continue cooking till a little thick. Add butter. Serve hot.

METHI PANEER serves 6

250 gms methi 1 cup ghee
500 gms paneer $\frac{1}{2}$ tsp red chilli powder

$\frac{1}{4}$ black pepper	$\frac{1}{2}$ tsp turmeric
1 tsp ground spices	1 tsp coriander powder
$\frac{1}{2}$ tsp cumin powder	salt to taste

Cut the paneer into small cubes and fry in ghee till golden brown. Keep aside. Clean and wash methi leaves. Boil in salted water, drain and grind finely. Heat the ghee, fry ground methi with turmeric until it leaves the ghee, add fried paneer, red chilli powder, salt, ground spices, black pepper, coriander, white cuminseeds and two cups of water and cook on a low fire till tender and almost dry.

POTATO BHUJIA

serves 6

$\frac{1}{2}$ kg potatoes	120 gms ghee
1 tbsp amchoor	2 tps chopped coriander
1 tsp chopped green chilli	leaves
$\frac{1}{2}$ tsp black pepper	1 tsp white cuminseeds
salt to taste	

Boil potatoes in salted water until tender. Peel and cut into small pieces. Heat the ghee, fry cuminseeds and then add potatoes, chopped coriander, green chilli, salt, pepper, and amchoor and stir for a few minutes until well mixed.

DAHIWALE ALOO

serves 6

$\frac{1}{2}$ kg medium potatoes	250 gms curd
1 tsp white cumin powder	1 tsp turmeric
1 tsp chopped coriander	1 tsp chopped green
leaves	chillies
2 tps ground spices	$\frac{1}{2}$ tsp red chilli powder
$\frac{1}{2}$ cup ghee	salt to taste

Deep fry peeled whole potatoes in ghee on a low fire

until light brown. Remove from the ghee. Now heat $\frac{1}{2}$ cup ghee, add cuminseed powder, turmeric, red chilli powder and curds and stir until light brown. Add fried potatoes, salt and $1\frac{1}{2}$ to 2 cups of water and cook on a low fire until potatoes are tender. Mix chopped coriander, green chillies and spices. Remove from the fire and serve.

DUM ALOO

serves 8

$\frac{3}{4}$ kg medium potatoes	$\frac{1}{2}$ cup ghee
1 tsp Kashmiri mirch	$\frac{1}{2}$ tsp asafoetida water
$1\frac{1}{2}$ tsp white cumin	1 cup curds
powder	$\frac{1}{2}$ tsp fresh ginger paste
1 tsp ground spices	salt to taste
a few coriander leaves	

Boil the potatoes in salt water. Peel and prick them with a toothpick. Deep fry in ghee on a low fire until brown. Melt the ghee in a vessel and add the curds, ground cuminseeds and asafoetida and cook. When the curd becomes golden brown, add a little water and cook till the gravy is slightly thick, then add the potatoes. Sprinkle with coriander leaves and ground spices and cover the vessel and simmer for a few minutes. Serve hot.

STUFFED POTATO BHUJIA

serves 10

1 kg potatoes	3 tbsps tomato sauce
$\frac{1}{2}$ cup ghee	2 tps red chilli powder
3 tps cumin powder	3 tps ground spices
2 tps fresh ginger paste	3 tps chopped coriander
$\frac{1}{2}$ tsp turmeric	leaves
5 gms almonds	5 gms raisins
$\frac{1}{4}$ tsp asafoetida water	4 cups khoya
salt to taste	2 cups curds

Boil the potatoes in salt water until nearly tender. Peel and scoop out the potatoes. Fry tomato sauce, chopped ginger, raisins, almonds and khoya for a few minutes. Fill in potatoes and close the top with mashed potatoes. Secure each with toothpicks and deep fry in ghee until brown.

Gravy

Melt the ghee, add asafoetida water, cover and cook for two minutes. Add the beaten curds and fry for a few minutes until it becomes light brown. Add turmeric, red chilli and cumin powder, salt and $1\frac{1}{2}$ cups of water. Cook till boiling point and then add fried potatoes, chopped coriander leaves and spices. Cover the vessel. Cook on very low fire for a few minutes.

SPECIAL POTATO BHUJIA

serves 6

$\frac{1}{2}$ kg potatoes	1 tomato
1 tsp long strips of ginger	2 green chillies
few coriander leaves	1 tsp methi leaves
2 tsps black pepper	1 tsp cumin powder
4 tsps ground spices	$\frac{1}{2}$ tsp black salt
4 tsps ground	$\frac{1}{4}$ tsp grated nutmeg
pomegranate seeds	$\frac{1}{2}$ cup melted ghee
2 tsps salt	250 gms peas

Boil the potatoes with $\frac{1}{2}$ tsp salt till they become tender. Peel and cut into long pieces, and mix with all the ground ingredients. Cut the tomatoes into quarters, remove the pulp from them and then cut into very small pieces. Boil the peas with $\frac{1}{8}$ tsp soda bicarbonate. Now mix boiled peas, thin long strips of ginger, chopped green chillies, coriander leaves and small pieces of tomatoes with potatoes. Finally, pour smoking hot ghee over the potatoes at the time of serving.

STUFFED POTATO CHOPS WITH TOMATO SAUCE

serves 6

$\frac{1}{2}$ kg potatoes	250 gms cauliflower
250 gms peas	2 tsps chopped coriander leaves
2 carrots	3 green chillies
1 tsp chopped fresh ginger	2 tsps chopped onion
3 tsps tomato ketchup	breadcrumbs for coating
ghee for deep frying	$\frac{1}{2}$ cup flour for batter
1 tsp ground spices	$\frac{1}{2}$ tsp black pepper
$\frac{1}{2}$ tsp turmeric	salt to taste

Boil the potatoes in salt water till tender. Cool and grate them. Boil finely chopped carrots in salt water till tender. Fry chopped onion and ginger in one tbsp of ghee for one minute. Add turmeric, chopped cauliflower, peas, salt, coriander leaves, green chillies, black pepper and ground spices and fry for two minutes. Now add water and cook till the vegetables are tender and dry. Then mix tomato ketchup and cool. Mix boiled carrot and a little salt with the grated potatoes. Fill cooked cauliflower in small portions of the grated potato and carrot mixture and shape into chops. Dust with flour, dip into flour batter and roll in breadcrumbs. Fry in hot ghee till golden brown. Drain, and serve in an oval plate. Decorate all round with fried potato chips.

SPINACH AND CHANA DAL BHUJIA

serves 6

1 kg spinach	60 gms chana dal
1 big tomato	2 tsps chopped ginger
$\frac{3}{4}$ tsp red chilli powder	$\frac{1}{2}$ cup ghee
salt to taste	

Pick and wash chana dal and soak in water for 15 minutes. Wash and chop the spinach. Cook spinach and dal together until tender. Fry ginger in ghee with salt, red chilli powder and chopped tomato; add chana dal and spinach and cook until dry. Serve hot at lunch or dinner.

SPINACH AND MOONG DAL BHUJIA

serves 6

In the recipe above substitute moong dal for chana dal.

PANEER AND SPINACH BHUJIA *serves 6*

750 gms spinach	75 gms khoya
$\frac{1}{2}$ cup curds	1 tsp soda bicarbonate
100 gms blanched tomatoes	$\frac{3}{4}$ cup ghee
200 gms paneer	1 tsp fresh ginger paste
6 cloves garlic	1 tsp chilli powder
2 onions	2 tsps ground spices
	salt to taste

Cut paneer into small pieces and fry until golden brown. Cook spinach with 1 tsp of soda bicarbonate until tender. Grind it finely. Fry chopped onion and garlic until brown, add a little water and cook until onion is soft. Now add ground ginger, chopped tomatoes, salt, red chilli powder and cook until a thick gravy is formed. Add spinach and curd and fry for a few minutes. Add fried paneer and stir until spinach leaves the ghee, then add mashed khoya and ground spices and cook for a few minutes. Serve hot.

SPINACH AND POTATO BHUJIA *serves 6*

1 kg spinach	350 gms potatoes
$\frac{1}{2}$ cup ghee	$\frac{1}{2}$ cup curds
1 tsp red chilli powder	$\frac{1}{2}$ tsp turmeric
1 tsp ground spices	salt to taste

Peel and cut potatoes into small pieces and deep fry in ghee until light brown. Wash and chop spinach. Heat the ghee, add turmeric, spinach, red chilli powder and salt and cook on medium fire until dry. Add fried potatoes and curds. Stir and cook on low fire until it leaves the sides of the pan. Mix with ground spices. Serve hot.

SPINACH AND ONION BHUJIA *serves 6*

1 kg spinach	$\frac{1}{2}$ cup ghee
2 tsps ginger paste	$\frac{1}{2}$ tsp garlic paste
250 gms onion	2 tsps ground spices
120 gms tomatoes	$\frac{1}{2}$ tsp turmeric
1 tsp red chilli powder	salt to taste

Cut onion into thin slices. Chop washed spinach. Heat ghee, fry garlic until light brown; add onion slices, spinach ginger, salt, turmeric, red chilli powder, chopped tomatoes and cook on a low fire until dry. Now stir until it leaves the sides of the pan clear. Remove from the fire.

STUFFED TOMATOES *serves 10*

750 gms tomatoes	200 gms french beans
3 carrots	1 turnip
200 gms peas	250 gms potatoes
$1\frac{1}{2}$ onions	2 tsps fresh ginger pieces
3 to 4 green chillies	4 tsps flour
a few coriander leaves	$\frac{3}{4}$ tsp black pepper

1½ tbsps ghee 8 tsps tomato ketchup
2 tsps cumin powder salt to taste

Scoop out the pulp from tomatoes. Steam all chopped vegetables and boil potatoes. Fry chopped onion, ginger and green chillies until light brown; then add salt, black pepper and flour and fry. Add two tbsps of tomato pulp, steamed vegetables and small pieces of potatoes and cook for five minutes until dry. Cool and fill the mixture in tomatoes. Heat the ghee in a frying pan, put stuffed tomatoes, cuminseeds and tomato ketchup in it. Add ½ tsp salt and cook for 3 minutes. Turn the tomatoes and again cook for 2 minutes. Remove from the fire. Serve hot with potato chips.

Potato chips

Peel and cut 250 gms potatoes thinly. Soak in water for half an hour. Deep fry in ghee until light brown. Remove and drain off oil. Sprinkle with salt and serve hot.

TINDA BHUJIA

serves 6

½ kg tinda 2 big onions
3 tsps fresh ginger paste 9 garlic cloves
2 tsps coriander leaves 1 tsp white cuminseeds
2 tsps ground spices ½ teacup curds
9 green cardamoms 2 tomatoes
1 tsp red chilli powder 60 gms khoya
2 tbsps ghee salt to taste

Peel the tinda and make four cuts in each. Deep fry in ghee until light brown. Fry ground onion, garlic and green cardamoms until brown; add one cup of water, red chilli powder, ginger and stir until onion is tender. Now add ground spices, ground coriander and coarsely ground white cuminseeds, curds, chopped tomatoes and fried tinda and stir until gravy is cooked. Add khoya and stir for 2 minutes.

DALS

MOONG DAL

serves 6

250 gms dal ½ tsp turmeric
1 tsp salt ½ tsp black cuminseeds
1 small onion 1 tsp ginger slices
¼ tsp red chilli powder ¼ cup ghee
4½ cups water

Pick and wash the dal and put in a vessel with turmeric, salt and water. Cook till tender. Heat the ghee, fry whole black cuminseeds, chopped onion and ginger, according to taste, then mix with dal. Serve hot. (Arhar, Moth, Masoor, Chana, Urad and Moong dal without husk can be cooked similarly.)

FRIED URAD DAL

serves 6

2 cups urad dal 5 cups water
2 tsps turmeric 1 tsp black pepper
1 tsp black cuminseeds 2 medium tomatoes
2 tsps ginger ½ to ¾ cup butter or
1 big onion ghee
2 green chillies 2 tsps chopped coriander
salt to taste leaves

Wash and soak the dal for 15 minutes. Fry chopped onion and ginger in butter/ghee until light brown, add cuminseeds and fry for 1 minute. Now add chopped tomatoes and stir for a while and keep aside. Boil water, add dal, turmeric and salt and cook on a low fire. When dal is nearly cooked, add the above mixture

and chopped tomatoes, coriander, green chillies and black pepper and cook for 5 minutes.

MUGLAI DAL

serves 6

1½ cups urad dal (without husk)	3½ cups water
1 tsp turmeric	120 gms paneer
1 tsp black pepper	4 green chillies
few coriander leaves	¾ tsp black cuminseeds
2 tsps chopped ginger	1 small onion
1 medium firm tomato	¼ cup ghee
salt to taste	¼ cup cream

Soak urad dal for one hour. Boil water with turmeric and salt. Add the dal and cook till it becomes tender and each grain is separate. Put it in a strainer to remove excess water. Heat the ghee, fry finely chopped onion and ginger till onion is golden brown. Then add black cuminseeds and fry for a second and mix with the dal; also add finely chopped green chillies and coriander leaves. Put fried pieces of paneer in it.

At the time of serving, put the dal in a dish and garnish with chopped tomato without pulp and then pour cream over it.

PANCHRATNI DAL

serves 6

60 gms chana dal	60 gms whole moong dal
60 gms whole urad dal	60 gms whole masoor dal
30 gms arhar dal	1 tsp turmeric
2 tsps fresh ginger paste	a tiny piece of asafoetida
⅓ cup ghee	½ tsp red chilli powder
½ tsp black pepper	1 tsp black cuminseeds

1 big tomato	1 small onion
2 green chillies, chopped	1 tbsp curds
salt to taste	

Pick and wash the dals. Boil enough water and add the dals and turmeric and cook them until half tender. Heat 1 tbsp ghee and fry asafoetida until light brown and crush it. Mix it with half-cooked dals with some ghee, salt and curds and cook until tender and well mixed. Mix red chilli powder and black pepper. Heat ghee, fry chopped onion and ginger until light brown, add black cuminseeds, chopped green chillies and tomatoes without pulp and stir for a few minutes. Mix with the dal.

RASAM (SOUTH INDIAN)

serves 6

120 gms arhar dal	60 gms tamarind
5 cups water	1 tsp red chilli powder
4 drops of asafoetida	3 tsps mustard seeds
water	2 tsps ghee
2 tomatoes	2 tsps jaggery
4 green chillies	4 whole red chillies
3 tsps coriander	10 black peppercorns
60 gms fresh coconut	salt to taste

Pick and wash the dal and cook with water until tender. Pass through a sieve. Soak tamarind in a cup of water for 10 minutes, and pass through a sieve. Grind coriander, red chillies, coconut and black pepper finely with a little water. Put all the ingredients into mashed dal, its water, ghee, and coriander leaves and cook until a little thick. Remove from the fire. Fry mustard seeds in ghee and mix with rasam. Sprinkle with chopped coriander leaves. Serve hot with boiled rice.

SHAHI DAL

serves 6

250 gm, urad dal	2 $\frac{1}{2}$ cups milk
1 cup water	4 green cardamoms
1 tomato without pulp	8 blanched almonds,
$\frac{1}{4}$ tsp black pepper	slit into halves
$\frac{1}{2}$ tsp red chilli powder	$\frac{1}{2}$ tsp turmeric
1 tsp chopped ginger	2 tsps chopped coriander
1 small onion	leaves
$\frac{1}{2}$ cup ghee	$\frac{1}{2}$ tsp black cuminseeds
salt to taste	

Pick and wash the dal. Put dal, milk, water, $\frac{1}{4}$ cup ghee, turmeric, red chilli powder, cardamoms, salt and almonds and cook on a low fire until tender and water and milk are evaporated and each grain is separated. Heat the remaining ghee, fry chopped onion and ginger until light brown. Then add black cuminseeds, chopped tomato and coriander leaves and stir for one minute. Mix with cooked dal and sprinkle black pepper.

SPECIAL MIXED DAL

serves 6

60 gms moong dal	60 gms urad dal without
without husk	husk
60 gms chana dal	60 gms whole masoor dal
15 cups water	2 tsps ground spices
1 tsp turmeric	a tiny piece of asafoetida
$\frac{1}{2}$ cup ghee	1 big onion
2 tsps chopped fresh	1 tsp white cuminseeds
ginger	$\frac{1}{2}$ tsp red chilli powder
1 tsp black cuminseeds	salt to taste
$\frac{1}{2}$ tsp black pepper	120 gms curds
1 bay leaf	2 whole red chillies

Pick, wash and soak all the dals overnight. Remove their husk. Boil water, add the dals, white cuminseeds, salt, asafoetida and ginger and cook until tender. Add the curds, red chilli powder and black pepper and cook until well mixed. Heat the ghee, fry bay leaf, whole red chillies and chopped onion until light brown; add black cuminseeds and stir for a minute. Mix with the dal and cook for a few minutes. Sprinkle ground spices. Serve hot with chapatis or boiled rice.

URAD AND CHANA DAL

serves 6

120 gms urad dal	120 gms chana dal
without husk	without husk
4 cups water	1 tsp turmeric
$\frac{1}{2}$ tsp red chilli powder	$\frac{1}{2}$ tsp black pepper
1 tsp black cuminseeds	1 small onion
1 tsp chopped ginger	$\frac{1}{2}$ cup ghee
salt to taste	

Pick, wash and soak the dals for 25 minutes. Boil water, add the dals, turmeric, salt, red chilli powder and cook on low fire until tender and well mixed. Heat the ghee, fry chopped onion and ginger until light brown; add cuminseeds and pepper and stir for a minute. Pour over the dal and serve.

SABUT URAD DAL

serves 12

$\frac{1}{2}$ kg sabut urad dal	15 cups water
1 tsp black pepper	a few drops of asafoetida
6 cloves garlic	water
1 tsp black cuminseeds	1 onion
2 tsps chopped ginger	2 tsps ghee
salt to taste	

Pick and wash the urad dal. Boil water, add urad dal and cook on low fire until half tender. Add asafoetida water, black pepper, chopped garlic, ginger and onion and cook until tender and well mixed. Heat the ghee, fry black cuminseeds till they splutter and mix with the dal.

RAITA

BRINJAL RAITA

serves 6

1 big brinjal (350 gms) $\frac{1}{2}$ kg curds
 1 tsp chopped mint leaves $\frac{1}{2}$ tsp black cuminseeds
 $\frac{1}{2}$ tsp black pepper $\frac{1}{2}$ tsp red chilli powder
 salt to taste

Grill the whole brinjal over charcoal fire or bake in an oven on a wire rack until tender and the skin is burnt. Put in cold water, remove the skin, and mash it. Beat the curds with salt, red chilli powder, black pepper and cuminseeds and then mix the mashed brinjal and mint leaves. Serve cold. (If raita is thick, add 3 to 4 tbsps water and mix well.)

DAHI BARA

serves 10

350 gms urad dal 1 tsp black pepper
 $\frac{1}{4}$ tsp red chilli powder 1 tsp chopped coriander
 2 chopped green chillies leaves
 $\frac{1}{2}$ tsp black cuminseeds 1 tsp ground spices
 ghee for deep frying $\frac{1}{4}$ tsp soda bicarbonate
 salt to taste 1 kg curds

Soak urad dal overnight, then remove the husk by repeatedly washing it with water. Grind it finely and mix green chillies, coriander, ground spices, chilli powder and soda bicarbonate and beat it until light. Wet the palm of the hand with a little water, put a little dal mixture and form into round and flat balls. Gently drop the balls one by one into hot ghee. Fry until

evenly browned on both sides. Drain well, and immerse in cold water. Beat the curds with salt, black pepper, red chilli powder and black cuminseeds. If the curd is too thick, add a few tbsps of water. Squeeze out the water carefully from the 'bara' (press them between the palms of the hands without breaking) and drop them in curds. Garnish with mint leaves and red chilli powder. Serve cold.

KHEERA RAITA

serves 10

250 gms cucumber	$\frac{1}{2}$ kg curds
$\frac{1}{2}$ tsp black cuminseeds	1 tsp black pepper
1 tbsp water	1 tsp chopped mint leaves
salt to taste	

Peel the cucumber and grate it. Boil the water, put grated cucumber and cook for two minutes until half tender. Remove from the fire, cool and squeeze out the water. Beat the curds and mix cucumber, salt, black pepper, mint leaves and cuminseeds. Serve cold.

MINT RAITA

serves 6

$\frac{1}{2}$ kg curds	1 tbsp ground mint leaves
1 green chilli, ground	$\frac{1}{2}$ tsp black pepper
salt to taste	

Beat the curds and mix with green chilli, mint leaves, salt and black pepper. Serve cold.

ONION RAITA

serves 6

$\frac{1}{2}$ kg curds	120 gms onions, sliced
2 green chillies	1 tsp chopped mint leaves
1 tsp black cuminseeds	$\frac{1}{2}$ tsp black pepper
$\frac{1}{2}$ tsp red chilli powder	salt to taste

Rub 1 tsp salt with onion slices, keep aside for 10 minutes and wash them. Beat the curd with salt, pepper, red chilli powder, cuminseeds and chopped green chillies and mix with onion slices and chopped mint leaves. Serve cold.

PAKORI RAITA

serves 6

$\frac{1}{2}$ kg curds	$\frac{1}{2}$ tsp black cuminseeds
1 tsp chopped mint leaves	$\frac{1}{2}$ tsp black pepper
$\frac{1}{2}$ tsp red chilli powder	150 gms besan
ghee for frying	salt to taste

Make batter of besan with water to a thick dropping consistency. Heat the ghee in a deep pan, pour the batter through a big-holed skimmer, pressing with hand lightly over so that the drops fall into the ghee. Fry for 2 minutes and then turn over. When they become crisp remove from the ghee and drop into cold water. Beat the curds with salt, pepper, red chilli powder and black cuminseeds. Squeeze out the water carefully from the pakoris (press them between the palms of the hands without breaking). Put in curds and decorate with $\frac{1}{4}$ tsp red chilli powder and mint leaves. Serve cold.

LAUKI RAITA

serves 6

250 gms lauki	$\frac{1}{2}$ kg curds
2 green chillies	$\frac{1}{2}$ tsp black pepper
$\frac{1}{4}$ tsp red chilli powder	$\frac{1}{2}$ tsp black cuminseeds
2 tpsps chopped mint leaves	salt to taste

Peel and grate the lauki, boil in water until tender. Remove from the fire. Drain and cool. Beat the curd, mix with salt, pepper, cuminseeds, chopped green chillies, mint leaves, and the lauki. Serve cold.

POTATO RAITA

serves 6

See the recipe of lauki raita. Use the same ingredients and method except add boiled and cubed potatoes instead of lauki. Tomato raita can be made in the same way.

SWEET RAITA

serves 6

$\frac{1}{2}$ kg curds	150 gms raisins
$\frac{1}{2}$ tsp black pepper	120 gms sugar
1 tsp salt	

Clean the raisins and soak them in water for two hours. Beat the curds with sugar, salt and pepper and put soaked raisins in it.

SNACKS

MIXED VEGETABLE PAKORAS

serves 8

2 cups besan	$\frac{1}{8}$ tsp baking powder
$\frac{1}{2}$ tsp red chilli powder	1 tsp chopped coriander leaves
4 small pieces of cauliflower	1 small brinjal
1 big potato	1 medium onion
a few spinach leaves	ghee for deep frying
1 to $1\frac{1}{2}$ cups water	salt to taste

Peel and cut vegetables into small and thin pieces. Make a thick batter with besan, water, salt, baking powder and coriander leaves. Sprinkle red chilli powder and a little salt on the vegetables and then dip them in the batter. Fry in hot ghee till golden brown and crisp. Serve immediately.

MANGO PAKORAS

serves 8

2 mangoes, half ripe	$\frac{1}{2}$ tsp ground spices
1 big onion	1 tsp white cuminseeds
$\frac{1}{2}$ tsp red chilli powder	a few mint and green coriander leaves
3 green chillies	$\frac{1}{8}$ tsp thymol seeds
4 pieces ginger	2 cups besan
$1\frac{1}{2}$ cups water	ghee or oil for deep frying
salt to taste	

Mix besan and salt and make a batter by adding water. Whisk the mixture; test its lightness by putting a drop of the batter in water. If it floats, it is ready. Chop the onion, ginger, green chilli, mint and

coriander leaves. Peel the mangoes and chop into small flat pieces. Add all the chopped ingredients into the mixture and mix it. Deep fry spoonful of the mixture in ghee. Turn over and remove with a perforated flat spoon or jharna when browned. Serve hot.

PANEER PAKORAS

serves 8

1 1/2 cups besan	250 gms paneer
1/8 tsp baking powder	1/4 tsp thymol seeds
1/2 tsp red chilli powder	salt to taste
ghee for deep frying	

Make a thick batter of besan with water, salt, ground thymol seeds, red chilli powder and baking powder. Cut paneer into big thin pieces and rub with a little salt. Dip the pieces in the batter. Fry in hot ghee till golden brown and crisp. Serve immediately.

POTATO BONDAS (SOUTH INDIAN)

serves 8

1/2 kg potatoes	3/4 cup onion
3 green chillies	1 tsp chopped coriander
1 tsp chopped fresh ginger	leaves
1/4 tsp mustard seeds	1/4 tsp turmeric
2 cups besan	3 tsps ghee
1 1/2 cups water	mustard oil for deep frying
salt to taste	

Boil the potatoes. Cool, peel and chop them. Chop onion, and green chillies. Heat the ghee, add turmeric and fry onion, ginger, green chillies with salt and mustard seeds for one minute. Add potatoes and stir for a few minutes. Remove from the fire. Mix green coriander and cool. Take sufficient potato mixture to

form a ball the size of a billiard ball. Make a batter of thick dropping consistency with besan and water, add salt. Dip potato balls in it and fry in very hot oil until golden brown. Serve hot.

CLUB SANDWICHES

serves 8

12 slices of bread	butter
1 level tsp	1/4 tsp white pepper
mustard powder	1/2 tsp salt
3 gherkins	6 pickled onions
3/4 cup cashewnuts	250 gms potatoes
3 tomatoes	1 tbsp cream
2 cucumbers	cheese slices

Cream the butter. Add cream, mustard powder, chopped gherkins and pickled onions and mix well. Brown the bread slices on one side and spread butter mixture on the unbrowned side of slices. On it put cheese slices, tomato slices, cucumber and then again the buttered side of the slice. Press well together. Fasten with 4 toothpicks and cut into 4 triangles. Put them on a plate and decorate with fried cashewnuts and potato wafers. Serve at tea. (Fry cashewnuts in hot ghee till light brown. Drain on paper and sprinkle salt over them.)

RUSSIAN SANDWICHES

serves 12

8 tsps butter	1 tin cream cheese
1 tsp red chilli sauce	(400 gms)
1 or 1 1/2 tsp tomato	1/2 tsp salt
ketchup	1/2 tsp mustard powder
1/2 cup cheese	1 kg bread

Mix butter, tomato ketchup, salt, chilli sauce and mustard powder to a soft paste. Grate the cheese. Cut

bread lengthwise in $\frac{1}{2}$ cm thick slices. Remove the hard crusts. Spread the soft paste with a flat knife and then grated cheese. Roll up and wrap each roll in butter paper and fix it with toothpicks and chill. Before serving, cut into $\frac{1}{2}$ cm thick slices. Serve with tea.

FRUIT GAZAK

serves 6

15 gms almonds	15 gms cashewnuts
15 gms peanuts	15 gms walnuts
200 gms sugar	15 gms butter
6 green cardamoms	1 tsp kewra flavour

Mix all the dry nuts and brown to a gold colour in a moderate oven to remove the raw flavour. Melt sugar on very low fire, add crushed nuts, butter, crushed cardamoms and kewra and stir. Remove from the fire. Pour on a greased wooden board and roll out quickly with a rolling pin into 1 cm thickness. Cut immediately into long strips, about $2\frac{1}{2}$ cms long, and store in an airtight jar.

DELHI MATHI

serves 8

250 gms flour	$3\frac{1}{2}$ tsps melted ghee
1 level tsp salt	$\frac{1}{2}$ tsp caraway seed
6 tbsps water	ghee for deep frying

Sift the flour and put all the ingredients together in a bowl. Rub with fingertips and then knead with water. Make 18 to 20 round balls. Roll into very thin rounds. Fold into a triangle-shaped mathi. Press the pointed side with the rolling pin (but be careful not to press the layers). Deep fry in ghee on medium fire. Turn it frequently until brown. Drain on a wire rack. Serve at tea.

PUNJABI MATHI

serves 8

250 gms flour	1 tsp peppercorn
$\frac{1}{2}$ tsp ajwain seeds	2 tsps curds
60 gms ghee	$\frac{1}{4}$ tsp soda bicarbonate
$\frac{1}{4}$ cup water	ghee for deep frying
1 tsp salt	

Sift the flour. Put ajwain, curds, salt, ghee, water, and soda in the centre of the flour and mix well into a soft dough. Add peppercorns. Make 30 round balls, then press each with a rolling pin. Heat ghee, remove from the fire, put mathis in it, leave for 5 minutes and then put on fire again and fry until light brown. Remove the karahi from the fire, turn the mathis and leave in ghee for a few minutes. Again put the karahi on fire and fry until brown and turn frequently. Drain on a strainer or a wire rack.

PUNJABI KACHORI

serves 8

Dough

250 gms flour	60 gms ghee for the flour
$\frac{1}{2}$ tsp salt	3 tsps curds
$\frac{3}{4}$ to 1 cup lukewarm water	ghee for deep frying

Sift the flour, mix with ghee, salt, water and curds and knead until smooth. Make 16 round balls. Press each in the centre, place a little of the filling and close it. First press the sides with the palm of the hand and then press a little from the centre. Heat the ghee (not very hot), then remove from the fire. Put a kachori in it and leave it for two minutes. Press with a skimmer until it comes up. Now fry it on medium fire until light brown.

Filling

2 tps suji	$\frac{1}{4}$ tsp soda bicarbonate
$\frac{1}{4}$ tsp salt	$\frac{1}{4}$ tsp red chilli powder
120 gms split urad dal	$1\frac{1}{2}$ tps black
2 tps ground coriander	cuminseeds

Soak the urad dal overnight. Remove the husk by rubbing and washing it repeatedly with water. Grind it finely, add salt, spices and soda bicarbonate. Beat to a soft and smooth mixture, then add semolina and mix well.

VEGETABLE SAMOSA

serves 12

Covering

$\frac{1}{2}$ kg flour	8 tbsps melted ghee
1 level tsp salt	8 tbsps water

Sift the flour and salt and add ghee. Rub with fingertips, then knead it with water. Make 2 dozen balls. Roll out each into a thin round and then cut into half. Wet the edges of one half and make a cone with it. Fill cooked potatoes in it and press the edges together. Put in ghee and deep fry until light brown. Drain. Serve hot.

Filling

$\frac{1}{2}$ kg potatoes	4 tps coarse coriander
3 tps white cuminseeds	powder
1 tsp black pepper	1 tsp red chilli powder
1 tsp chopped fresh	3 green chillies
coriander leaves	60 gms boiled peas
1 tbsps ghee	salt to taste

Boil the potatoes, peel and cut into small pieces. Heat the ghee, add potatoes, spices, chopped coriander, peas and salt and cook for two minutes, cool, then fill in the samosas.

KABABS

ALMOND KABAB *serves 8*

100 gms blanched almond	100 gms fresh breadcrumbs
$1\frac{3}{4}$ cups milk	4 tps butter
50 gms flour	1 small onion, chopped
2 tps chopped coriander leaves	4 green chillies
1 tsp cumin powder	2 tps chopped mint leaves
$\frac{1}{4}$ tsp red chilli powder	dry breadcrumbs for coating
$\frac{1}{2}$ tsp flour for batter	ghee for deep frying
salt to taste	

Grind blanched almonds finely. Fry the chopped onion and green chillies until light brown. Boil the milk with butter and add sifted flour and stir it over the fire until it leaves the sides and bottom of the vessel. Now add almonds, fried onion and green chillies, fresh breadcrumbs, cumin powder, salt, coriander leaves and red chilli powder and mix it over the fire. Remove from the fire, spread it on a plate and chill. Make into cutlet shapes, dip in thin flour batter and roll in breadcrumbs. Fry until nicely browned. Drain on paper. Sprinkle with chopped mint leaves and serve hot with tomato ketchup. (Flour batter should be thin and thoroughly beaten like pakora batter).

CASHEWNUT KABAB

serves 8

Follow the above recipe except omit almonds and add coarsely ground cashewnuts, instead.

DAL KABAB

serves 8

250 gms chana dal	$\frac{1}{2}$ kg boiled potatoes
1 tbsp milk	1 tsp chopped ginger
1 tsp chopped coriander leaves	1 tsp chopped onion
2 tsps chopped green chillies	$\frac{1}{4}$ tsp black pepper
$\frac{1}{4}$ tsp red chilli powder	2 tsps ground spices
ghee for frying	breadcrumbs for coating
	30 gms flour for batter

Pick and wash the chana dal and boil in salt water until tender. Put in a strainer to remove excess water. Grate the boiled potatoes in it, mix milk, salt and black pepper. Mix chopped ingredients, salt and red chilli powder with boiled dal. Take a ball of the potato mixture and make a depression in the centre, fill with the dal mixture. Now cover with more of the potato mixture. Flatten and shape into round cakes 5 cms in diameter. Dip into flour batter and roll in breadcrumbs. Fry in hot ghee until golden brown and drain on paper. Serve hot with mint chutney or tomato ketchup.

ENERGY KABAB

serves 8

1 turnip	120 gms peas
2 carrots	120 gms beans
1 boiled potato	2 green chillies
$\frac{1}{4}$ tsp black pepper	$\frac{1}{2}$ small onion
1 tsp chopped coriander leaves	3 tsps dry breadcrumbs
	6 tsps flour

$\frac{1}{4}$ tsp red chilli powder	ghee to fry breadcrumbs
$\frac{1}{2}$ tsp chopped ginger	30 gms flour for batter
3 tsps ghee	5 gms grated cheese
4 tsps whipped cream	120 gms potatoes
80 gms butter	

Chop all the vegetables and steam until tender. Fry chopped onion, green chillies and ginger in 1 tbsp ghee until light brown. Add the flour and fry for one minute, then put in steamed vegetables, salt, pepper and cook for 2 minutes. Chill and then add 3 tsps dry breadcrumbs and mix well. Make a paste of butter, grated cheese, whipped cream and chill. Make balls of this chilled paste and cover with vegetables and then shape into round balls. Dust with flour and dip in the batter and roll in breadcrumbs. Deep fry in ghee until brown. Drain on paper. Place the energy kababs on a bed of 120 gms of boiled and mashed potatoes and serve hot.

MIXED VEGETABLE CREAM KABAB

serves 8

2 turnips	250 gms peas
4 carrots	250 gms beans
2 boiled potatoes	4 green chillies
1 small onion	2 tsps chopped coriander leaves
2 tsps dry breadcrumbs	$\frac{1}{2}$ tsp black pepper
2 tsps cumin powder	$\frac{1}{2}$ tsp red chilli powder
8 tsps flour	1 tsp chopped ginger
5 tsps butter	1 tsp chopped ginger
breadcrumbs for coating	$\frac{1}{4}$ cup cream
$\frac{1}{2}$ cup flour for batter	ghee to fry
salt to taste	

Chop all the vegetables and steam or boil them. Fry chopped onion, green chillies and ginger in 1 tbsp of

ghee until light brown. Add the flour and fry for one minute, then add steamed vegetables, salt, pepper, red chilli powder and ground cuminseeds and cook for 3 minutes. Chill and add 2 tbsps breadcrumbs and mix. Make a paste of whipped cream and butter and chill. Make oval-shaped cutlets and fill chilled cream in them. Dust with flour, dip in flour batter and roll in breadcrumbs. Deep fry in ghee until brown. Drain on paper and serve with tomato ketchup.

POTATO CREAM KABAB

serves 8

1 kg potatoes	$\frac{1}{2}$ tsp red chilli powder
30 gms butter	$\frac{1}{4}$ tsp black pepper
$\frac{1}{4}$ cup whipped cream	2 tps ground ginger
$\frac{1}{4}$ cup milk	2 tps chopped coriander leaves
2 to 3 green chillies	breadcrumbs for coating
ghee for frying	25 gms flour for dusting.
$\frac{1}{2}$ teacup flour for batter	the rolls
$\frac{1}{3}$ cup water for batter	
salt to taste	

Boil the potatoes, cool, mash and mix with salt, red chilli powder, black pepper, milk and melted butter, chopped green chillies and coriander leaves. Cook for 3 minutes. Remove from the fire and cool. Make a batter of the flour. Shape smooth balls of mashed potato mixture by rolling it round a spoon or between the palms of the hands. Fill the cream in the balls. Dust with flour, dip in flour batter and roll in breadcrumbs. Fry in hot ghee until brown. Drain on paper. Serve hot with curd chutney.

POTATO KABAB (PARSI)

serves 8

750 gms potatoes	1 tsp salt for boiling
$\frac{1}{2}$ fresh coconut or one	potatoes
cup grated dry coconut	2 tps chopped coriander leaves
2 slices bread	
3 green chillies	$\frac{1}{2}$ tsp red chilli powder
2 tps ground spices	1 tsp white cuminseeds
2 tps finely chopped	1 medium tomato
ginger	ghee for deep frying
dry breadcrumbs for	25 gms flour for batter
coating	

Boil the potatoes in salted water until tender. Cool and mash them. Remove the brown part of fresh coconut and grate. Soak bread slices in water and squeeze out the liquid. Heat 1 tbsp ghee and fry chopped ginger, green chillies, grated coconut until light brown. Add chopped coriander leaves, ground spices, white cuminseeds, salt, chopped tomatoes, bread slices, red chilli powder and cook until the mixture is dry. Cool the mixture. Make 12 round balls of mashed potatoes and fill each with cooked coconut. Make a batter of the flour and dip kababs in it, roll in dry breadcrumbs. Fry in hot ghee until light brown. Drain on paper and serve. (If using dry coconut, soak in 1 cup of water for 35 minutes and strain through a thin cloth.)

SEEKH KABAB

serves 8

750 gms bhein	$\frac{1}{2}$ onion
1 tsp ground ginger	3 to 4 green chillies
3 tps white cuminseeds	2 tps ground spices
2 tps chopped coriander	100 gms roasted and
leaves	skinned chana
$\frac{1}{4}$ tsp red chilli powder	ghee to fry
salt to taste	

Scrape and cut bhein into thin slices and boil in salted water until tender. Remove from the fire and cool. Mash, add salt, ground spices, ginger, ground white cuminseeds, chopped coriander leaves, onion, green chillies, red chilli powder, and powdered chana and mix well. Put the mixture round an iron rod and grill on a charcoal fire or in an oven until light brown in colour. Heat one tbsp ghee well in a frying pan, and fry seekh kabab until brown.

SEMOLINA KABAB

serves 8

120 gms semolina	3 cups milk
4 tsps butter	100 gms grated cheese
$\frac{1}{2}$ tsp red chilli powder	2 to 3 green chillies
3 tsps tomato ketchup	2 tsps chopped ginger
1 tsp ground spices	ghee to fry
$\frac{1}{2}$ cup flour for batter	breadcrumbs for coating
a few green coriander leaves	a few mint leaves
	salt to taste

Heat the milk and butter and add semolina. Cook until the mixture is thick. Remove from the fire. Add grated cheese, salt, red chilli powder, ground coriander leaves, green chillies, ginger, tomato ketchup and ground spices. Spread the mixture on a plate and chill until set. Cut into cutlet shapes; dust with flour, dip in flour batter, roll in breadcrumbs and deep fry in ghee until brown.

VEGETABLE CREAM KABAB

serves 8

1 small onion	2 green chillies
3 tsps ginger	4 turnips
$\frac{1}{2}$ kg peas	250 gms carrots
$\frac{1}{2}$ kg beans	250 gms boiled potatoes

1 tsp black pepper	4 tsps chopped coriander leaves
12 tsps dry breadcrumbs	
1 tsp ground spices	$\frac{1}{2}$ tsp red chilli powder
120 gms butter	5 tsps flour
breadcrumbs for coating	$\frac{1}{2}$ cup cream
mint leaves for decoration	120 gms flour for making batter
ghee for deep frying	
salt to taste	

Chop the vegetables and boil until tender. Fry chopped onion, green chillies and ginger in 1 tbsp ghee until light brown. Add flour and fry for one minute and mix in boiled vegetables, salt, pepper, red chilli powder, ground spices and 6 tsps breadcrumbs and chill. Make a paste of whipped cream and butter and chill. Shape the vegetable mixture into pears and in it fill chilled cream. Dust with flour and then dip into flour batter and roll in breadcrumbs. Deep fry in ghee until brown. Drain on paper decorated with fresh mint leaves.

RICE KABAB

serves 8

120 gms ground rice	3 cups milk
4 tsps butter	$\frac{1}{4}$ cup flour for batter
50 gms cheese	$1\frac{1}{2}$ cups breadcrumbs
1 tsp cumin powder	$\frac{1}{2}$ tsp red chilli powder
$\frac{1}{4}$ tsp black pepper	1 ground clove
1 chopped green chilli	1 tsp chopped coriander leaves
slices of one lemon	
salt to taste	a few mint leaves

Boil the milk with butter, add rice flour and stir until thick. Remove from the fire, add grated cheese, salt, pepper, red chilli powder, chopped green chillies, cloves, cuminseed powder and coriander leaves. Chill, then make into fillet shapes. Dip in flour batter and

coat with breadcrumbs. Deep fry in ghee until brown. Decorate with lemon slices and mint leaves.

FRUIT CHAT

serves 8

Masala

3 tsps ground spices	2 tsps black pepper
3 tsps ground red chillies	1½ tsps salt
3 tsps amchoor	1½ tsps black salt
¼ tsp citric acid	2 tsps fine sugar
7 tsps cuminseeds,	1 tsp thymol powder
roasted and powdered	Mix all the above ground
	spices together

Fruit

250 gms potatoes	250 gms lemons
1 kachalu (a variety	250 gms peas
of potato)	250 gms guava
250 gms sweet potatoes	4 bananas
250 gms papaya	1 tsp salt for boiling peas
1 tomato without pulp	and potatoes

Boil sweet potatoes, peas and potatoes together in salted water till tender. Boil kachalu, also in salted water, but separately. Cut all the fruit into small pieces and mix with masala and lemon juice. Sprinkle with roasted cumin powder.

INDIAN SWEETS

Halwa

ALMOND HALWA

serves 6

250 gms almond	250 gms ghee
2 silver leaves	120 gms semolina
3 cups milk	1 cup sugar
6 green cardamoms	½ tsp chopped pistachios

Soak almonds overnight, peel and then grind coarsely. Boil the milk with sugar until it is dissolved, and keep aside. Heat the ghee, fry semolina for two minutes, mix coarsely ground almonds and fry until light brown. Now add milk and crushed cardamoms, stir until thick and leaves its ghee. Remove from the fire, put in a serving dish and decorate with silver leaves. Sprinkle chopped pistachios over it and serve hot.

CARROT HALWA

serves 6

2 kgs carrots	½ kg sugar
4 silver leaves	1 cup water
½ kg khoya	1½ cups ghee
50 gms skinned almonds	50 gms pistachios
6 green cardamoms	

Grate the carrots. Make one thread syrup of sugar and water. Add to it 300 gms mashed khoya and stir until well mixed. Add the grated carrots, green cardamoms and ghee and stir on a hot fire until water of carrots is

absorbed. Then add 200 gms khoya, chopped almonds and pistachios and mix well. Decorate with silver leaves. Serve hot.

MOONG DAL HALWA

serves 8

1½ kg split moong dal	300 gms ghee
2½ cups milk	200 gms khoya
300 gms sugar	15 gms almonds
15 gms raisins	15 gms pistachios

Soak the moong dal in water for 6 to 8 hours. Remove the husks by rubbing in several changes of water. Then grind the dal into a fine paste. Heat the ghee and fry the paste until golden brown in colour and a very agreeable fragrance is given off. Add the milk and sugar and stir for 5 minutes, till thick and soft. Add the khoya and cook for one minute. Remove from the fire. Garnish with blanched and chopped almonds and pistachio nuts. Serve hot.

RAJ BHOG HALWA

serves 12

1½ kg sugar	50 gms almonds
250 gms semolina	50 gms pistachios
250 gms ghee	6 cups water
1 tbsp besan	250 gms khoya
5 big cardamoms	yellow colour
200 gms ghee	

Make a sticky syrup of sugar in water and add yellow colour. Fry the semolina in ghee until light brown, add besan, cardamoms and fry until golden brown. Pour hot syrup over the fried semolina, then add mashed khoya, peeled almonds and pistachio slices and stir for 5 minutes over fire. Pour all round it 1 tbsp of melted ghee and stir till it leaves its ghee. Remove from the fire and cover with a lid. Serve hot.

SHAHI HALWA

serves 10

200 gms suji	350 gms sugar
4½ cups milk	9 tsps flour
120 gms khoya	15 gms magaz
15 gms skinned pistachios	25 gms almonds
6 green cardamoms	200 gms ghee
¼ tsp dry yellow colour	

Boil the milk, add sugar and colour, and stir until sugar is dissolved. Keep aside. Heat the ghee, fry semolina and flour with cardamoms until slightly brown. Add the milk and khoya and stir until milk is absorbed. Then mix pistachios, almonds, magaz and the rest of the ghee, and stir until it leaves its ghee. Serve hot.

SUJI HALWA

serves 6

120 gms semolina	100 gms sugar
120 gms ghee	1¾ cup water
25 gms almonds	25 gms raisins
5 crushed green cardamoms	

Dissolve the sugar in water over fire to make a thin syrup, and keep aside. Melt the ghee in a shallow pan over gentle fire, add semolina and stir until it is golden in appearance, the grains of suji swell by absorbing the ghee and a very agreeable smell is given off. Pour the thin syrup of sugar over it. Add raisins, crushed green cardamoms, blanched and chopped almonds and fry a little. Remove from the fire and serve hot.

WHEAT HALWA

serves 8

250 gms coarsely ground wheat	1 silver leaf
9 cups water	5½ tsps ghee
200 gms sugar	2 tsps pistachios
	8 green cardamoms

Soak the coarsely ground wheat in 3 cups of water overnight. Dissolve sugar in 5 cups of water on fire to make a thin syrup. Remove from the fire and keep aside. Heat the ghee, fry soaked wheat in it until light brown. Now add the syrup and crushed green cardamoms and stir until the syrup is absorbed. Remove from the fire. Decorate with silver leaves and chopped pistachios and serve hot.

WHITE PUMPKIN HALWA

serves 8

2 kgs pumpkin	1/2 kg khoya
250 gms ghee	1 tsp lime
200 gms sugar	50 gms blanched almonds and pistachios

Peel the pumpkin. Discard the soft part of the pumpkin and grate the rest. Squeeze lime in water and soak pumpkin in it for 10 minutes. Then wash it several times in water until there is no taste of lime left. Squeeze out the water lightly. Put the ghee, grated pumpkin and khoya in a heavy pan and stir on hot fire until dry. Now add sugar and stir until it is dissolved and it leaves the sides of pan clear. Remove from the fire, put in a serving dish. Decorate with silver leaves and sprinkle chopped almonds and pistachios. Serve hot.

Kheer

CHEWRA KHEER (Pressed Rice) *serves 6*

1 litre buffalo milk	50 gms chewra
120 gms sugar	50 gms ghee
10 gms blanched and slivered almonds	10 gms blanched and slivered pistachios
6 ground green cardamoms	2 tsps kewra essence

Fry the chewra in ghee on a low fire until golden brown and then drain the fat. Boil the milk with crushed cardamoms, add fried chewra and stir until tender and milk becomes thick. Add sugar and stir until it is dissolved. Remove from the fire and mix kewra flavour. Pour in a serving dish, decorate with silver leaves and slivered almonds and pistachios. Serve lukewarm or cold.

LAUKI KHEER

serves 8

1 litre buffalo milk	250 gms lauki
100 gms sugar	50 gms blanched almonds and pistachios
4 green cardamoms	

Boil the milk with green cardamoms, add grated lauki, and stir until thick and lauki is tender. Remove from the fire, add sugar, chopped pistachios and almonds. Serve hot or cold.

CARROT KHEER

serves 8

Substitute carrots for lauki in the above recipe.

RICE KHEER

serves 6

1 litre buffalo milk	50 gms rice
75 gms sugar	25 gms blanched almonds
15 gms raisins, cleaned	5 gms pistachios
2 big cardamoms	1 tsp kewra essence

Wash and soak the rice for 25 minutes. Boil the milk with cardamom seeds, add the rice and stir until rice is quite tender, and well mixed with milk. Remove from the fire. Add sugar, chopped almonds, pistachios and raisins. Cool and mix kewra flavour. Serve hot.

SPECIAL RICE KHEER

serves 6

250 gms rice	1 litre buffalo milk
100 gms sugar	6 green cardamoms
50 gms khoya	25 gms blanched almonds
25 gms raisins	$\frac{1}{2}$ tsp rose essence

Wash and soak the rice in water for 15 minutes. Drain and cook in milk until tender. Continue cooking until the kheer is quite thick. Add sugar, khoya, raisins, almonds, pistachios and crushed green cardamoms and mix well. Remove from the fire, cool and then mix rose flavour. Serve as dessert.

FIRNI

serves 12

Method—1

$\frac{1}{2}$ litre milk	100 gms cornflour
250 gms sugar	350 gms khoya
silver leaves	50 gms almonds
50 gms pistachios	8 big cardamoms
2 tsps kewra essence	

Boil the milk with khoya until well mixed. Mix the cornflour in a little water and add to the milk and stir until thick. Remove from the fire, add sugar, kewra and mix well. Pour into 14 dessert bowls and chill until set. Decorate with silver leaves, crushed cardamoms, chopped pistachios and skinned almonds.

Method—2

120 gms rice	50 gms pistachios
6 tbsps sugar	2 tsps kewra essence
6 cups milk	

Soak the rice for 4 hours, drain the water, dry it with a cloth, and grind into powder. Mix the rice powder with

1 cup of milk. Heat the rest of the milk and gradually add the milk and rice powder mixture to it. Cook on a low fire till thick, stirring all the time. Add sugar and let it dissolve. Remove from the fire and mix kewra essence in it. Serve in dessert bowls decorated with chopped pistachios, almonds and silver leaves.

SHAHI TUKRI

serves 10

12 slices bread	6 cups milk
250 gms sugar	$\frac{1}{2}$ tsp saffron
2 tsps kewra flavour	250 gms khoya
10 green cardamoms	4 silver leaves
25 gms almonds	10 gms pistachio nuts
4 cherries	ghee to fry

Remove the hard crusts of bread slices and fry in ghee till golden brown. Remove and drain. Boil the milk with crushed cardamoms and dissolve saffron and sugar in it. Soak the fried bread slices in it for a few minutes. Remove them from the milk with a flat spoon. Mix the khoya with milk and put on the fire for five minutes and then place the bread slices in it. Cook on a low fire till the mixture thickens. Turn the slices once or twice with a flat spoon. Remove from the fire and cool a little. Add kewra essence. Place them in a serving dish, decorate with silver leaves and sprinkle with chopped almonds, pistachio nuts and cherries. Serve cold.

SHAHI PUDDING

serves 6

1 litre milk	100 gms sugar
$\frac{1}{2}$ cup water	5 tsps cornflour
50 gms paneer	1 tsp kewra essence
1 tsp pistachios	1 tsp blanched almonds

Boil the milk and let it thicken till it is reduced to half the quantity. Mix the cornflour in water, add to the thickened milk and stir till thick. Put sugar and water on fire till a sticky syrup is formed, then add grated paneer and stir till again sticky and mix into the milk mixture. Put into a serving dish, decorate with silver leaves, sprinkle with kewra flavour, chopped pistachios and almonds and cool.

Sevian (Vermicelli)

DRY SEVIAN

serves 8

250 gms sevian	2 ¹ / ₂ cups water
¹ / ₂ cup ghee	250 gms sugar
¹ / ₄ tsp nutmeg	10 gms blanched almond
5 gms pistachio nuts	4 silver leaves
50 gms raisins	

Fry sevian in ¹/₂ cup ghee till golden brown. Put water, ghee, sugar and nutmeg in a vessel, on fire. When it is at boiling point add fried sevian and cook till the water is absorbed. Then place it on very low fire, or put some live charcoal pieces on the lid of the degchi or put the vessel in a moderate oven for 10 minutes. After 3 minutes it is ready to be served.

SEVIAN IN KHEER

serves 8

120 gms sevian	6 cups milk
³ / ₄ cup sugar	3 tbsps ghee
¹ / ₄ cup raisins	¹ / ₄ cup blanched almonds
a few drops rose essence	

Boil the milk with ghee and sugar. Then add sevian. When sevian are tender, add raisins, blanched and chopped almonds and cook for two minutes. Remove from the fire, add rose essence and serve hot.

SEVIAN ZARDA

serves 8

3 cups sevian	2 cups sugar
3 cups milk	¹ / ₂ cup khoya
2 cloves	4 cardamoms
¹ / ₄ cup pistachio	¹ / ₄ cup blanched almonds
³ / ₄ cup ghee	¹ / ₂ tsp saffron
1 ¹ / ₂ tbsps kewra flavour	a few silver leaves

Heat the ghee on moderate heat. Add cardamoms and cloves, stir for a minute. Add the sevian and stir until golden brown in colour. Pour the milk, mix thoroughly and cover the vessel. Cook on a low fire till milk is absorbed. Add the khoya and sugar and mix. Again cook on low fire and place some live charcoal on the lid until dry; mix chopped almonds, pistachios, kewra flavour and soaked saffron. Decorate with silver leaves. Serve hot.

SWEET SEVIAN (PARSI)

serves 8

¹ / ₂ kg sevian	200 gms ghee
350 gms sugar	4 cups water
¹ / ₂ cup almonds	¹ / ₂ cup raisins
¹ / ₂ tsp ground nutmeg	1 piece mace
6 green cardamoms	

Fry raisins and peeled almonds in ghee until light brown. Remove from the ghee, add sevian in the remaining ghee and fry until brown. Add sugar and water and cook on a hot fire for 8 minutes till water is absorbed. Lower the fire, add ground nutmeg, green cardamoms and mace and mix well, then cover the vessel. Put some weight on the lid for a few minutes, until sevian is tender, then mix in fried almonds and raisins and serve hot.

Kulfi

KULFI

serves 8

4 cups milk
1 cup khoya
 $\frac{1}{4}$ cup chopped almonds
 $\frac{3}{4}$ cups sugar
a few drops kewra flavouring

3 tsps cornflour
3 green cardamoms
 $\frac{1}{4}$ cup chopped pistachio nuts

Boil the milk with crushed cardamoms. Add the khoya and stir until it becomes a little thick. Blend cornflour with a little water, and mix into milk. Remove from the fire, add sugar, peeled and chopped almonds, pistachio nuts and kewra flavouring. Cool and fill in kulfi moulds. Put in the freezing chamber, to set, for 8 hours. Serve with Faluda.

FALUDA

$\frac{1}{2}$ cup arrowroot 2 cups water

Mix arrowroot with water and strain to remove any lumps. Put on fire and stir until it becomes thick. Put iced water in a pail and keep faluda machine on it. Put arrowroot mixture in it and press. Take out the faluda from the pail and put in a dish and pour $\frac{1}{2}$ cup of cold water on it. Serve faluda on top of kulfi and sprinkle with thin syrup and kewra.

Faluda Syrup

$\frac{1}{3}$ cup sugar
2 tsps kewra essence

1 cup water

Boil the sugar and water, till it becomes a little sticky. Remove from the fire, cool and mix kewra in it. Sprinkle on the faluda. (Faluda can be taken without kulfi in iced milk, sweetened with sugar and flavoured with kewra.)

MANGO KULFI

serves 8

4 cups milk
1 cup khoya

1 tsp cornflour
 $\frac{3}{4}$ cup thin mango slices

Boil the milk with khoya and stir until it becomes a little thick. Blend cornflour with a little water and mix with milk mixture and cook until it becomes thick. Add mango slices and sugar and cook for a few minutes until sugar is dissolved. Remove from the fire and cool. Fill in kulfi moulds and freeze. Generally time taken for freezing is 8 hours.

Ice Cream

PANEER ICE CREAM

serves 8

6 cups milk
 $\frac{1}{2}$ cup water
 $\frac{2}{3}$ cup paneer.
 $\frac{1}{4}$ cup blanched almonds

$\frac{3}{4}$ cup sugar
1 tsp cornflour
1 tsp kewra flavour
 $\frac{1}{4}$ cup pistachios

Boil the milk until it is a little thick, then stir in cornflour mixed in $\frac{1}{2}$ cup of milk and cook for a few minutes. Put sugar and water in a pan and prepare a half-thread consistency syrup. To it add grated paneer and stir until sticky. Add the milk thickened with cornflour and stir for a few minutes. Remove from the fire, add chopped pistachios and almonds. Cool and add kewra flavour. Freeze it for 8 hours or until set.

PISTACHIO ICE CREAM

serves 8

$\frac{1}{2}$ cup pistachios
2 tbsps flour
a few drops each of green
and yellow colour
a few drops almond essence

1 cup sugar
2 cups cream
2 cups milk
a few drops vanilla essence

Soak the pistachios in hot water for 15 minutes and peel. Grind them coarsely. Boil the milk. Make a smooth paste of flour and sugar with a little milk and stir into the remaining milk over the fire, cooking for a few minutes, till a little thick. Cool and then freeze until partly set. Now put the frozen mixture into a chilled bowl and beat with an egg beater. Add colour, essence, whipped cream and pistachios. Line a loaf tin with wax paper. Pour the mixture in it, cover and freeze until set. Time taken for freezing is 9 hours.

VANILLA ICE CREAM

serves 8

1½ cups milk	¾ cup sugar
⅛ tsp salt	1½ tbsps flour
1½ cups cream	½ tsp vanilla essence

Boil the milk. Make a paste of flour, sugar and salt with a little milk. Stir into the rest of the milk over a low fire and cook till thick. Cool and pour into a tin. Freeze until a little set. Put the partially frozen mixture into a bowl and beat with an egg beater. Mix colour, essence and whipped cream. Line a tin with wax paper. Pour the mixture in it and cover it to freeze until set.

VANILLA FRUIT ICE CREAM

serves 8

To the above recipe add 50 gms preserved chopped mixed fruit with whipped cream.

Sweetmeats

ALMOND AND PISTA BURFI

serves 8

250 gms khoya	120 gms fine sugar
50 gms almonds and	1 tsp kewra essence

pistachios

3 silver leaves for
decoration

Stir the khoya on a low fire until it does not stick to the fingers. Remove from the fire, add sugar and beat it with a khurpi (flat metal spoon) for a few minutes till lukewarm. Add pistachios and almonds and mix well. Spread it on a greased thali and put silver leaves on the top. Keep aside until firm. Cut into almonds or squares.

CARROT BURFI

serves 12

750 gms khoya	250 gms sugar
½ kg carrots	silver leaves
10 green cardamoms	

Wash the carrots and dry with a cloth. Scrape and then grate them. Squeeze out the water if any. Put sugar and grated carrots in a karahi and stir on fire until dry and sticky. Now add the khoya and crushed green cardamoms and stir for 5 minutes, until well mixed. Grease a thali and spread the mixture on it and keep it to set. Decorate with silver leaves and cut into burfi shapes.

CHOCOLATE BURFI

serves 8

350 gms khoya	25 gms ghee
100 gms fine sugar	4 tsps cocoa
2 silver leaves	1 tbsp milk

Fry the khoya in ghee until dry. Add the sugar and stir till it is dissolved. Remove from the fire. Cool a little till thick and then spread half the khoya on a greased thali. Now to the rest of the khoya add cocoa and mix well (if it is too dry add milk). Spread over the khoya mixture, cool, and then decorate with silver leaves. When set, cut into burfi shapes.

COCONUT BURFI

serves 12

1/2 kg khoya	250 gms castor sugar
100 gms grated coconut	2 tbsps water
few drops of red colour	silver leaves

Put the khoya and water in a karahi and stir for 5 minutes on fire. Then add the sugar and stir until it is dissolved and the khoya is a little dry. Remove from the fire, cool a little and mix with grated coconut. Take half the mixture and add red colour mixed with a little water. Spread white khoya on a greased thali and then pink khoya over it. Decorate with silver leaves and keep aside until set. When cool cut into burfi shapes.

MANGO BURFI

serves 12

1/2 kg khoya	250 gms powdered sugar
1 cup mango pulp	2 big silver leaves
1/2 tsp crushed green cardamoms	2 tpsps blanched almonds
1 tsp pistachios	1/2 tsp orange colour

Add orange colour to mango pulp and cook until it is thick, put in khoya and stir for 10 minutes till a little dry. Add the powdered sugar and mix well. Remove from the fire and cool. Grease a thali or a plate and pour the mixture in it. Keep it in a cool place. When set, cut into rectangular (burfi) shapes. Decorate with silver leaves and sprinkle crushed cardamoms, chopped almonds and pistachios over it.

ORANGE KHOYA SLICES

serves 10

1/2 kg khoya	125 gms castor sugar
1/2 cup finely chopped orange peel	7 tbsps milk
1/8 tsp orange colour	4 tpsps melted ghee
1/2 tsp findy choppas	a few drops orange essence

Chop the peels finely. Put the khoya, peel, milk and ghee in a heavy pan on fire and stir until dry. Add the sugar and orange colour and stir for two minutes. Remove from the fire, add orange essence and mix well. Cool a little and make a slab of khoya with hands and chill it, until set. Cut thin slices of khoya and serve.

KHOYA GULAB JAMUN makes 40 pieces

For the balls

200 gms khoya	400 gms paneer
125 gms flour	125 gms castor sugar
ghee for frying	10 gms pistachios

Syrup

3/4 kg sugar	4 1/2 cups water
a few drops of rose essence	2 tbsps milk for cleaning the syrup

Make syrup with water and sugar. If dirty, clean with milk. Strain through a muslin cloth and leave it to cool. Knead khoya and paneer separately till the grains disappear and become smooth. Mix them together and knead again for about 10 minutes. Add sifted flour and knead again till well mixed. Leave the dough covered for about 20 minutes. Make small balls and press them in the centre with the thumb and fill with a little castor sugar, ground pistachios and a little chhena and make them round again. Fry in hot ghee till brown and soak in the syrup for at least one hour. Then boil till they are soft. Add rose essence and serve hot with syrup.

MALPURA

serves 8

1½ litres milk	100 gms flour
¾ cup milk	10 gms chopped pistachios
5 gms chopped almonds	750 gms sugar
4½ cups water	
ghee for shallow frying	

Stir the milk on fire until thick (pouring consistency) and cool. Mix flour in ¾ cup milk and add to the thick milk. Put sugar and water on fire to form a sticky syrup. Remove from the fire. Heat ghee in a frying pan and pour the mixture a spoonful at a time and flatten it. When one side is brown turn it over and take it out immediately so that the other side does not become brown. Put in the warm syrup for a few minutes, then take out. Makes 16 to 18 puras. Put in a serving plate and sprinkle with chopped pistachios and almonds on the brown side of malpuras. Serve hot.

PRESERVED FOODS

Soft Drinks

LEMON SQUASH

1 kg lemons	6½ cups sugar
1 tsp citric acid	3 cups water
¼ tsp potassium metabisulphite	

Extract the juice from the lemons. Dissolve the sugar in water over fire, and citric acid and boil until sticky. Remove from the fire, strain and mix the lemon juice in it. Dissolve potassium metabisulphite in a little hot water and add to the juice mixed with syrup. Pour into sterilised bottles and cork tightly. Keep for a week, before serving.

MANGO SQUASH

3 cups pulp or 1 kg ripe mangoes	750 gms sugar
15 gms citric acid	4½ cups water
½ tsp potassium metabisulphite	wax

Wash the mangoes and wipe them dry. Extract the pulp and put in a bowl. Boil together sugar and water until sticky, strain, add powdered citric acid and mango pulp and potassium metabisulphite dissolved in a little water. Cook for 5 minutes. Fill in sterilised bottles and cork them tightly. Seal the mouth of the bottles by dipping them in melted wax. Store the bottles in a cool and dark place as light destroys the colour of the fruit. Use after one week.

ORANGE SQUASH

10-12 big oranges or	6 cups sugar
4 cups juice	$\frac{1}{2}$ tsp potassium
3 tsps citric acid	metabisulphite
1 tsp orange essence	3 cups water
$\frac{1}{2}$ tsp orange colour	

Make a sticky syrup of sugar and water, mix citric acid dissolved in $\frac{1}{4}$ cup hot water. Mix orange juice, essence and colour. Strain. Dissolve potassium metabisulphite in 2 tsps of hot water and then mix in orange juice mixed with the syrup. Pour into sterilised bottles and cork tightly. Store the bottles in a cool and dry place. Serve after a week.

Note: Mix $\frac{1}{2}$ tsp salt with orange juice so that it does not become bitter.

ROSE SHERBET

750 gms sugar	$4\frac{1}{2}$ cups water
$\frac{3}{4}$ tsp citric acid	$1\frac{1}{2}$ cochineal
1 tsp rose essence	

Prepare the syrup with sugar and water, dissolve citric acid. Remove from the fire and strain. Cool and add cochineal and rose essence. Pout into sterilised bottles and cork.

Jams

APPLE JAM

1 kg cooking apples	750 gms sugar
2 cups water	2 tsps lemon juice or
	$\frac{1}{2}$ tsp citric acid

Peel, core and slice the apples. Cook the slices in water until tender. Add sugar and lemon juice or citric

acid and stir on a hot fire until the jam sets when tested. Cool a little and pour into sterilised jars and cork tightly. Serve after one day.

MANGO JAM

$\frac{1}{2}$ kg half ripe mango	$\frac{1}{2}$ kg sugar
slices	juice of $\frac{1}{2}$ lemon or
1 cup water	$\frac{1}{2}$ tsp citric acid

Cook mango slices in water in a deep pan until tender. Add the sugar and stir till it is dissolved. Mix citric acid, cook on a hot fire until jam sets when tested. Cool a little, pour in clean airtight jars. Use after one day.

RASPBERRY JAM

$\frac{1}{2}$ kg raspberries	2 cups water
400 gms sugar	1 lemon

Clean the fruit and cook with water on a low fire until tender, then mash. Add sugar and lemon juice and stir on a hot fire until it thickens. Put a little on a cold plate; if it sets, it is ready. Cool a little, then pour into jars and seal immediately.

APPLE JELLY

$1\frac{1}{2}$ kgs cooking apples	6 cups water
2 cloves	sugar
juice of half a lemon	

Cut the apples in quarters and boil them in water with cloves till they become soft. Pass through a muslin cloth. Measure the juice and allow 350 gms sugar for each pint of juice. Heat the juice, add the sugar and lemon juice, and stir till dissolved. Boil on a hot fire

until the syrup sets quickly when tested on a cold plate. Cool and pour into clean and dry jars.

VINEGAR

6 cups water	2 cloves
1 tsp sugar	1 tsp salt
1 big cardamom	2 tsps caramel syrup
$\frac{1}{3}$ cup glacial acetic acid	1 small piece cinnamon

Boil cinnamon, cardamom, salt, sugar and cloves in water for a few minutes. Remove the whole spices and pour the liquid in a clean bottle. Add glacial acetic acid, and caramel syrup in the bottle and mix well.

Chutneys

CARROT CHUTNEY

$\frac{1}{2}$ kg carrot	$\frac{1}{2}$ tsp red chilli powder
2 tsps fresh ginger	2 cloves garlic
25 gms blanched almonds, slit into halves	50 gms raisins
350 gms sugar	4 tsps salt
$1\frac{1}{2}$ cups vinegar	$\frac{3}{4}$ tsp crushed cardamoms
1 cup water	

Scrape and grate the carrots, chop garlic and cut ginger into long strips, put them in a deep pan or vessel and cook on a low fire until tender and dry. Stir frequently. Add vinegar, sugar, salt, cleaned raisins, almonds and crushed cardamoms and cook till a little thick. Pour in a clean jar and cork tightly. Serve after 2 days.

CURD CHUTNEY

125 gms curds	3 green chillies
1 tbsp ground fresh mint leaves	1 tbsp amchoor
	salt to taste

Beat the curds, grind green chillies and mint leaves finely. Mix in the curds green chillies and mint leaves paste and salt. Serve with fried snacks.

GUAVA CHUTNEY

250 gms guavas	1 cup vinegar
2 cups water	1 tsp red chilli powder
2 big cardamoms	200 gms sugar
2 tsps salt	2 tsps ginger
2 cloves garlic	25 gms raisins
10 gms peeled almonds	

Peel the guavas, cut each into four pieces and remove the seeds. Cut into thin slices and cook with long strips of ginger, garlic and water. Then add sugar, crushed cardamoms, vinegar, chilli powder, raisins and almonds and cook on a hot fire till thick. Cool and put in a jar and cork tightly. Serve it the next day.

LEMON CHUTNEY

$\frac{1}{2}$ kg lemons	250 gms sugar
1 tsp red chilli powder	2 tsps salt
$\frac{1}{4}$ tsp ground big cardamoms	$\frac{1}{8}$ tsp ground cloves

Wash the lemons and wipe them dry. Extract the juice and add salt to it. Cut long strips of lemon skins, soak in the juice and put in a jar. Put the jar in the sun for 6 days and shake it every other day till the lemon skins are tender. Add sugar, red chilli powder, cardamoms, cloves and mix. Keep it in the sun until

sugar is dissolved. This chutney can be preserved for one year if it is kept in an airtight jar.

MANGO CHUTNEY

$\frac{1}{2}$ kg green mangoes	1 cup vinegar
$\frac{1}{2}$ cup water	1 tsp chilli powder
400 gms sugar	4 tsps salt
10 gms ginger	2 cloves garlic
$\frac{3}{4}$ tsp cardamoms	50 gms raisins

Wash the mangoes and dry them. Peel and cut them into very thin and long slices. Chop garlic very fine and cut ginger into thin and long slices. Cook the mango slices, garlic and ginger in water on a low fire. When tender, add sugar, vinegar, red chilli powder, crushed cardamoms, salt and blanched almonds and stir until the chutney is thick and becomes golden. Remove from the fire, add raisins and mix well. Cool and put in an airtight jar. Store in a cool and dark place.

SWEET FRUIT CHUTNEY

125 gms whole amchoor (dry mango slices)	4 cups water
$\frac{1}{2}$ tsp ground spices	200 gms sugar
1 tsp white cumin powder	$\frac{1}{2}$ tsp black salt
1 tsp dry ginger powder	2 tsps red chilli powder
4 bananas	50 gms sliced fresh ginger
salt to taste	50 gms raisins

Soak whole amchoor in water overnight. Cook in the same water until tender. Cool and pass through a sieve. Add to it salt, chilli powder, white cumin powder, ground dry ginger, fresh ginger slices and black salt dissolved in a little water and mix well. Add sliced bananas and raisins soaked in water and mix.

TOMATO CHUTNEY

1 kg tomatoes	1 tsp red chilli powder
2 tsps fresh ginger	2 cloves garlic
50 gms raisins	2 tsps salt
1 onion	250 gms sugar
$\frac{3}{4}$ tsp crushed big cardamoms	$1\frac{1}{2}$ cups vinegar
	10 gms blanched almonds

Put the tomatoes in boiling water for 5 minutes. Remove from the water, wipe and remove their skins and cut into small pieces. Chop the garlic, cut ginger into long, thin slices. Put tomatoes, red chilli powder, chopped garlic and ginger into a vessel and cook till tender. Stir constantly until thick. Add vinegar, sugar, cleaned raisins and crushed cardamoms and cook for 10 minutes. Remove from the fire, cool and keep in an airtight jar.

Pickles

ARBI PICKLE

$\frac{1}{2}$ kg arbi	2 tsps ground methi seeds
$4\frac{1}{2}$ tsp ground spices	4 tsps ground aniseeds
3 tsps red chilli powder	3 to 4 tsps salt
$1\frac{1}{2}$ cups vinegar	2 lemons
$1\frac{1}{2}$ cups mustard	$\frac{1}{4}$ tsp nutmeg
1 small piece mace	

Boil the arbi in salted water until nearly tender. Strain and cool. Peel and press a little. Fry in very hot oil until brown. Remove from the fire, add vinegar, ground spices, aniseed, red chilli powder, methi, salt, lemon juice, grated nutmeg, mace and cook till it leaves its oil. Cool and then put in an airtight jar. Serve after two days. This pickle can be kept for 15 days in summer and two months in winter.

LEMON PICKLE IN OIL

1 kg lemons	25 gms salt
1/2 kg mustard oil	2 big pieces of asafoetida
4 tsps red chilli powder	1/2 kg ginger
25 gms mustard seeds	125 gms whole fresh chillies
50 gms methi seeds	
1 tbsp salt for lime juice	juice of two galgals or 1 cup lemon juice

Wash and dry the lemons with a cloth. In each lemon make four cuts and pack the salt inside and rub a little salt outside also. Put them into a jar and leave them for about a fortnight and shake them every other day till tender. Heat the oil till smoky, remove from the fire, add asafoetida and when it swells up, crush it with a spoon. Add chilli powder to oil and stir till red colour appears. Remove from the fire, add mustard seeds and stir for a little while. Now stir in lemons, fresh red chillies and ginger and cook until a little tender. Roast methi seeds and grind. Now mix ground methi seeds and the juice of galgal or lime mixed with one tbsp salt. Cook for 5 minutes. Remove from the fire and pour the lemons with the juice into a clean jar and cork tightly.

MANGO PICKLE (PUNJABI)

1 kg raw mangoes	150 gms salt
25 gms red chilli ground	25 gms methi seeds
50 gms aniseeds	2 tsps onion seeds
5 gms turmeric	2 1/2 cups mustard oil

Remove the stones and cut the mangoes into big pieces. Rub all the ground spices—salt, red chillies, mustard oil and turmeric on mango pieces. Put in a jar and keep it for two days in the sun and shake daily. Then pour the rest of the oil and leave for 15

days but not in the sun and shake it every other day. Serve after 20 days. This pickle can be kept for one to two years. Be careful to keep mango pieces covered with oil.

STUFFED SOUR MANGO PICKLE

1 kg medium raw mangoes	100 gms ground mustard seeds
150 gms salt	2 tsps onion seeds
2 tsps red chilli powder	25 gms methi seeds
4 tsps ground spices	25 gms aniseeds
1 tsp thymol seeds	1 tsp turmeric
mustard oil to cover the mangoes	

Roast methi seeds, aniseed and onion seeds and grind coarsely. Wash and dry the mangoes. Slit them into 4 sections, remove the stones and keep them joined at the bottom. Mix ground spices, red chilli powder, salt, turmeric, mustard seeds together, then make a thick paste with a little oil. Fill the masala paste into the mangoes. Put stuffed mangoes in a clean jar. Pour enough oil to cover them. Cover the jar closely. Keep it in the sun for only 4 days and shake it every other day. Then keep the jar for 15 days in a room until mangoes are soft.

STUFFED RED CHILLI PICKLE

250 gms big red chillies	4 tsps methi seeds,
3 tsps red chilli powder	roasted and powdered
8 tsps salt	8 tsps aniseed powder
4 tsps mustard powder	6 tsps ground spices
1 cup oil	4 tsps cumin powder
2 lemons	4 tsps amchoor

Remove the stem of the chillies and then the seeds from the stem side with the back of a hairpin. Wet all

the ingredients with lemon juice and a little oil which has been heated and cooled. Fill the masala tightly in the chillies, pack them in a jar and over it pour heated and cooled oil. Keep for one month. Shake the jar carefully every two days.

MIXED VEGETABLE PICKLE

2 ¹ / ₂ kgs cauliflower,	200 gms sugar
carrots and turnips	100 gms salt
(after peeling)	20 gms red chilli powder
25 gms ground spices	25 gms ginger
50 gms mustard powder	1 tsp glacial acetic acid
10 gms garlic	¹ / ₂ litre mustard oil

Wash, peel and cut the vegetables (carrots into long slices, cauliflower into medium pieces, round slices of turnip in medium thickness). Blanch the vegetables in hot water for 10 to 15 minutes. Then drain out the water. Grind ginger and garlic finely and fry in 1 cup of hot oil till golden brown. Remove from the fire, add all the spices and the rest of the oil (heated and cooled) and mix well. Prepare the sugar syrup in 100 ml of water, one or two-thread consistency. Mix glacial acetic acid and syrup with the masala. Cook for 5 minutes. Add all the vegetables, cook till the oil comes out. Cool, put in a jar and keep for 10 days, before serving.

PUMPKIN PICKLE

¹ / ₂ kg pumpkin	25 gms coarsely ground
1 tsp turmeric	mustard seeds
2 tsps red chilli powder	2 tsps coarsely ground
1 cup mustard oil	methi seeds
¹ / ₃ cup salt	

Cut pumpkin, with skin, into long slices. Immerse in hot water for 10 minutes. Put in a strainer to drain the water and cool. Mix all the ingredients with oil and coat the pumpkin pieces with it. Put in a clean jar and leave it in a warm place for 3 days and shake it once daily until tender. Serve after 4 days.

ONIONS IN VINEGAR

250 gms small onions	1 cup vinegar
4 cloves	1 tsp salt
1 tsp red chilli powder	2 cloves garlic
2 small slices of ginger	1 dry whole red chilli
1 tsp black pepper	

Peel the onions and keep them whole. Rub salt and red chilli powder on them and keep aside for 30 minutes. Boil vinegar with all the ingredients on a low fire for 10 minutes. Strain. Pack the onions and whole dry red chilli in a clean jar and pour the hot vinegar over. Cork immediately.

TOMATO KETCHUP

1 ¹ / ₂ kgs tomatoes	1 tsp chilli powder
1 ¹ / ₂ cups sugar	2 cloves
1 cardamom	1 cm piece cinnamon
2 tsps chopped ginger	4 cloves garlic
1 cup vinegar	2 ¹ / ₂ tsps salt
¹ / ₂ tsp acetic acid	¹ / ₂ tsp sodium benzoate

Wash and dry the tomatoes. Chop tomatoes, garlic and ginger and put in a vessel and cook on a low fire till tender and thick. Pass through a sieve. Add vinegar, sugar and chilli powder and cook until thick. Add acetic acid and sodium benzoate mixed in ¹/₄ cup boiling water. Pour the ketchup in bottles and cork tightly. Serve after one week. This tomato ketchup can be kept for one year.

PUDDINGS, CAKES AND BISCUITS

Puddings

BAKED FRUIT PUDDING

serves 8

6 tsps condensed milk	150 gms flour
1 tsp baking powder	$\frac{1}{4}$ tsp soda bicarbonate
5 tsps butter	1 cup milk
a pinch of salt	1 tsp vanilla essence
$\frac{1}{4}$ tsp yellow colour	3 bananas
1 orange	1 apple
$1\frac{1}{2}$ cups cream	50 gms castor sugar
5 gms pistachios	$\frac{1}{2}$ tsp red colour
1 tsp strawberry essence	

Beat together melted butter, condensed milk, colour, milk and essence. Mix sifted flour, baking powder, soda bicarbonate and salt into it. Pour into a round mould greased and dusted with flour and bake in a moderate oven (350°F) until done. Cool, then slit the cake horizontally. Whip the cream with red colour, strawberry essence and castor sugar until a little thick. Sandwich the cake with the cream and chopped fruit. Decorate the top layer of the pudding with cream and chopped pistachios. Keep aside for 15 minutes to set and serve.

SWEET CORN PUDDING

serves 8

$\frac{1}{4}$ tin condensed milk	150 gms flour
1 tsp baking powder	$\frac{1}{4}$ tsp soda bicarbonate

5 tsps butter
1 cup milk

$\frac{1}{2}$ tsp vanilla essence
 $\frac{1}{4}$ tsp yellow colour

Beat together condensed milk, essence, yellow colour and melted butter. Sift flour, baking powder, soda bicarbonate together and mix with milk mixture. Grease a square tin and dust with flour. Pour the mixture in it. Bake in a moderate oven at 350°F till done. Cool. Cut the cake into the shape of a corncob (bhutta) and then cut the corncob into two layers.

Decoration

$1\frac{1}{2}$ cups cream	50 gms castor sugar
$\frac{1}{2}$ tsp vanilla essence	1 orange, chopped into sections
2 drops yellow colour	
2 bananas	1 drop orange essence

Whip the cream with castor sugar and vanilla essence. Spread it on the cake layers and then put chopped fruit. Mix chopped orange, orange yellow colour and orange essence with the rest of the whipped cream and use it for making corn.

Leaves

75 gms blanched almonds	75 gms castor sugar
green colour	a little syrup

Dry the almonds well and grind them fine with castor sugar and a little syrup. Keep a little almond paste for the stem. Add green colour to the rest of the almond paste and mix well. Roll out with a rolling pin and make leaves from it. Decorate the corncob with leaves and a stem. Keep it in a cool place before serving.

STRAWBERRY JELLY PUDDING *serves 8*

1 cup sugar	1 tin cocktail fruit
4 cups water	$1\frac{1}{2}$ cups cream

5 gms china grass 1½ tsps red colour
1 tsp strawberry essence 2 tsps lemon juice

Soak the china grass for one hour. Boil the water, add the soaked china grass and stir until dissolved. Remove from the fire, add sugar, essence and colour and mix well. Strain and pour into a jelly mould and leave it to set. Unmould on a plate and put cocktail fruit all round it. Serve with cream.

FRUIT FLAN PUDDING

serves 8

150 gms flour 50 gms ghee
a pinch of salt cold water for mixing
1 tin cocktail fruit 1 tsp arrowroot
1 cup cream 10 gms sugar
cherry for decoration a few drops of yellow colour
a few drops of vanilla essence

Sift the flour and salt together. Rub in the ghee with fingertips until the mixture looks like fine breadcrumbs. Mix with cold water to a stiff dough. Turn on to a board and knead it lightly till it is free from cracks. Roll it out to the size required. Place over the rolling pin and put over the pie dish. Roll the rolling pin over the top of the pie dish, then trim the edges with a knife. Make leaves from the leftover dough to decorate the flan. Prick the centre of the flan to prevent it from rising and line with a piece of butter paper and put in a few dry beans or rice and bake it for 10 minutes at 425°F or until cooked. Remove the paper with beans and again put in the oven for five minutes to dry off. Cool.

To fill the flan case, strain the fruit and arrange in the flan case. Mix arrowroot with ½ cup of cold water. Heat the fruit juice and pour arrowroot mixture into it and cook until a clear sauce is formed. Add yellow

colour, vanilla essence and sugar. Pour over fruit, cool and decorate with whipped cream mixed with yellow colour. Place the cherry in the centre of the flan.

FRUIT SALAD

serves 6

1 cup sugar 4 cups water
5 gms china grass 1½ tsps red colour
2 tsps strawberry essence juice of one lemon
1 tin peaches cherry for decoration
¼ tsp vanilla essence 1 cup cream
25 gms castor sugar 1 banana
1 orange 100 gms papaya

Soak the china grass for an hour. Boil the water, add china grass and stir until dissolved. Remove from the fire, add sugar, essence and colour and mix well. Strain. Put a tumbler in a round mould, or take a ring mould, arrange peaches decorated with a cherry, pour a little liquid china grass on peaches and keep it to set. Now pour the rest of the mixture over it and keep it to set. Unmould on a plate. Whip the cream with castor sugar and vanilla essence and mix chopped fruit and fill into the centre of the jelly. Decorate the top of the pudding with whipped cream. Serve cold.

FRUIT PUDDING

serves 10

1¼ litres milk 50 gms cornflour
1 tsp vanilla essence 150 gms sugar
½ cup cream ¾ cup cream for
¼ tsp salt decoration
100 gms grapes 4 bananas
2 tsps cocoa 25 ml cream for coils
½ tsp yellow colour ¼ tsp red colour
10 gms castor sugar a few drops red colour
wax paper

Mix cornflour and sugar with $\frac{1}{2}$ cup of water to a soft paste. Boil the milk, add the cornflour paste and stir until it is thick. Remove from the fire, cool, add salt, fruit, whipped cream and vanilla essence and mix well. Put in a serving dish. Whip $\frac{3}{4}$ cup cream with castor sugar. To one half add yellow colour and to the other red colour. Decorate with coloured creams using a rosette tube. Now whip 25 gms cream with cocoa and $\frac{1}{4}$ tsp red colour and make coils with it. Serve cold.

MACARONI PUDDING

serves 10

125 gms macaroni	1 tsp salt for boiling
150 gms sugar	$4\frac{1}{2}$ cups milk
50 gms cornflour	1 tsp vanilla essence
2 tsps apple jam or jelly	1 cup cream
1 tsp red colour	1 tbsps castor sugar
wax paper	

Boil water with 1 tsp of salt and then add macaroni and cook on a low fire for 15 minutes or until the macaroni is tender. Remove from the fire and drain. Rinse with cold water. Boil the milk. Mix cornflour and sugar with $\frac{1}{2}$ cup of water to a soft paste and add to the boiling milk gradually. Stir constantly until thick. Add the boiled macaroni and vanilla essence and mix well. Put in a serving dish and keep in a cool place. When the pudding is set, decorate with whipped cream using a rosette tube and make coils with jam or jelly mixed with red colour.

ORANGE BASKET PUDDING

serves 10

7 cups orange juice	2 cups water
(12 oranges)	$\frac{1}{2}$ tsp orange essence
2 cups sugar	$\frac{1}{4}$ tsp each of green and

10 gms china grass	orange colours
4 cherries	1 cup cream
5 gms pistachios	4 tsps lemon juice

Remove half the rind of each orange, except that part which is attached to the stem, by a sharp knife and then scoop out the pulp. Take out the juice from the pulp. Soak the china grass for an hour, dissolve it in hot water on fire, then add sugar and stir until well mixed. Add orange juice, lemon juice and orange essence in it and strain. Divide the liquid into three parts and add one colour to each part and leave to set. Chop the china grass jelly with a wet knife and fill the orange baskets with them, adding only one colour china grass in one basket. Decorate the baskets with whipped cream, cherries and pistachios.

PEACH PUDDING

serves 6

10 tsps butter	50 gms brown sugar
1 tin peaches	cherries
$\frac{1}{4}$ tsp yellow colour	$\frac{1}{4}$ tin condensed milk
1 cup flour	1 tsp baking powder
$\frac{1}{4}$ tsp soda bicarbonate	1 cup milk
$\frac{1}{4}$ tsp vanilla essence	25 gms peeled almonds
1 cup cream	3 tsps syrup from the
$\frac{1}{4}$ lemon essence	peaches
a pinch of salt	

Melt half the butter in a baking dish and sprinkle brown sugar evenly over it. Fill cherries in peaches and arrange the peaches over brown sugar and sprinkle peeled and chopped almonds around them.

Beat the rest of the melted butter, milk, condensed milk, yellow colour, lemon essence, vanilla essence and syrup. Mix well sifted flour, baking powder, soda bicarbonate and salt. Pour the mixture over the fruit

and bake in a moderate oven (350°F) until wooden pick comes out smoothly when pricked into the pudding. Immediately turn the pudding upside down on a serving plate. Do not remove the baking dish for a few minutes, otherwise brown sugar mixture will run down over the cake. Serve warm with cream.

RAW COCONUT PUDDING

serves 6

2 raw coconuts	3 cups milk
300 gms sugar	5 gms china grass
125 gms khoya	10 gms pistachios and
2 tsps kewra essence	almonds

Scrape off the brown layer from the coconut and break it into tiny pieces. Grind the coconut to a fine paste and strain through a clean muslin cloth to take out the coconut milk. Soak china grass for 25 minutes. Now boil together milk, coconut milk, khoya and soaked china grass on a very low fire, stirring all the time, till well blended and of a thick consistency. Remove from the fire and add sugar and kewra. Keep on the fire again for two minutes and mix thoroughly. Put in a pudding dish, garnish with finely chopped almonds and pistachio nuts and serve cold.

Cakes

ALMOND CAKE

serves 6

2 tbsps condensed milk	1 cup flour
$\frac{1}{4}$ tsp salt	75 gms peeled and ground
1 cup milk	almonds
$\frac{1}{4}$ tsp soda bicarbonate	1 tsp baking powder
$\frac{1}{4}$ tsp yellow colour	5 tsps butter
$\frac{1}{4}$ tsp lemon essence	$\frac{1}{4}$ tsp almond essence

Beat the melted butter, condensed milk, milk and essence and mix with sifted flour, salt, soda and baking powder and crushed almonds. Grease a round 20 cm cake tin and dust with flour. Pour the mixture in it and bake in a hot oven (375°F). Cool and then sprinkle with icing sugar.

CHERRY CAKE

serves 8

$\frac{1}{2}$ tin condensed milk	250 gms preserved
1 cup flour	cherries
5 tsps butter	1 tsp baking powder
$\frac{1}{2}$ cup water	$\frac{1}{4}$ tsp soda bicarbonate
150 gms icing sugar	$\frac{1}{4}$ tsp strawberry essence
$\frac{1}{4}$ tsp red colour	$1\frac{1}{2}$ tbsps warm water
cherries for decoration	a pinch of salt

Beat the condensed milk, water, melted butter and essence together. Mix in sifted flour, salt, baking powder and soda bicarbonate and mix the chopped cherries. Line a 12 cm round cake tin with greased brown paper and pour the mixture into it. Bake in a moderate oven (350°F) for about 35 minutes until done. Cool. Beat the icing sugar, red colour and warm water with a wooden spoon until smooth. If it is too thick, put the bowl over a pan of hot water to soften the icing sugar slightly. Pour it over the cake and keep it until set. Decorate with cherry pieces.

CHOCOLATE WAFERS CAKE

serves 12

1 tin condensed milk	2 cups flour
(400 gms)	$\frac{1}{2}$ tsp soda bicarbonate
2 tsps baking powder	1 cup water
120 gms butter	50 gms cocoa
1 tsp vanilla essence	a pinch of salt

Sift together the dry ingredients. Beat the milk, melted butter, water and vanilla essence. Mix in sifted dry ingredients. Grease a 15 cm square cake tin and dust with flour. Pour the mixture in it and bake in a moderate oven (350°F) for 35 minutes or till it is done. Remove from the oven and cool. Cut two slices from the cake to make crumbs. Cut the cake into two layers and sandwich with chocolate cream.

Chocolate cream

200 gms butter	100 gms castor sugar
5 tsps cocoa	8 tsps cold water

Cream the butter, add cocoa, castor sugar and water and beat until smooth and creamy. Use this cream for the layers, sides and top of the cake. Coat the sides of the cake with chocolate cake crumbs.

Chocolate wafers

120 gms cooking chocolate	5 tsps ghee
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Melt the chocolate over a pan of hot water, add ghee and mix. Pour it on the greased back of the tray and let it set. Remove small pieces of chocolate layer with a knife and put on the top of the cake. Sprinkle icing sugar on the chocolate wafers.

PLUM CAKE

serves 8

250 gms flour	$\frac{1}{2}$ tsp salt
2 tsps baking powder	1 tsp soda bicarbonate
$\frac{1}{4}$ tsp grated nutmeg	120 gms butter
$\frac{3}{4}$ kg mixed fruit—peels,	$\frac{1}{2}$ tbsp caramel syrup
cherries, blanched	50 gms sugar
almonds, raisins	2 cups milk
$\frac{1}{2}$ tin condensed milk	

Sift the flour, salt, baking powder, soda and nutmeg together. Cream the butter and sugar, then add the

sifted ingredients and mix well. Add the fruit, condensed milk, caramel syrup and milk and mix to a fairly soft consistency. Line a 15 cm cake tin with brown paper and grease it. Pour the mixture into it and bake in a moderate oven till cooked. This cake can be kept for 2 weeks.

RICH FRUIT CAKE

serves 12

120 gms candied peel	25 gms peeled almonds
50 gms raisins	25 gms cherries
100 gms sugar	120 gms butter
1 tbsp golden syrup or honey	$\frac{1}{2}$ tin condensed milk
$\frac{1}{2}$ to $\frac{3}{4}$ cup water	300 gms flour
1 tsp baking powder	$\frac{1}{2}$ tsp soda bicarbonate
$\frac{1}{4}$ tsp ground cinnamon	$\frac{1}{4}$ tsp grated nutmeg
a pinch of salt	$\frac{1}{4}$ tsp ground cloves

Cream the butter and sugar. Put the chopped fruit, golden syrup and water in a pan and bring to a boil. Remove from the fire. Cool. Sift flour, salt, baking powder, soda bicarbonate, ground cloves, nutmeg and cinnamon. Mix together the condensed milk, the creamed butter, boiled fruit and sifted dry ingredients. Line a cake tin 12 cm in diameter, with greased brown paper. Turn the mixture into the tin and bake in a moderate oven (350°F) for $\frac{3}{4}$ to one hour. Cool on a wire rack and then put in an airtight box. Serve after four hours.

SMALL FRUIT CAKES

serves 8

$\frac{1}{4}$ tin condensed milk	1 cup milk
1 cup flour	1 tsp baking powder
5 tsps butter	$\frac{1}{4}$ tsp soda bicarbonate
1 tsp strawberry essence	25 gms preserved petha

5 gms cherries

$\frac{1}{2}$ tsp yellow colour

5 gms raisins

A pinch of salt

Beat the condensed milk, milk, melted butter, essence and yellow colour. Add the sifted flour, soda bicarbonate, salt and baking powder and mix well. Wash the fruit, dry with a cloth and dust with flour. Mix this fruit into the cake mixture. Grease 3 small square cake tins and then dust with flour. Pour the cake mixture into the cake tins and bake in a moderate oven at 350°F. Cool and keep in an airtight tin and serve with tea.

STRAWBERRY CAKE

serves 8

$\frac{1}{2}$ tin condensed milk

1 cup flour

$\frac{1}{2}$ cup milk

1 tsp baking powder

$\frac{1}{4}$ tsp soda bicarbonate

5 tsps butter

$\frac{1}{4}$ tsp salt

1 tsp strawberry essence

$\frac{1}{4}$ tsp yellow colour

Beat the melted butter, milk, condensed milk, colour and essence together and mix with sifted flour, salt, soda bicarbonate and baking powder. Line a cake tin 10 cm in diameter with greased brown paper. Pour the mixture in it and bake in a moderate oven (350°F). Cool and decorate.

Butter icing

$\frac{3}{4}$ cup icing sugar

120 gms butter

100 gms blanched

strawberry essence

almonds, roasted

a few drops red colour

Cream the butter and icing sugar until fluffy, add colour and essence. Spread it on the layers and sides of the cake. Coat the sides with almonds. Spread a little jam on top of the cake and pour the pink icing on it.

Pink icing

1 cup icing sugar

1 tbsp water

1 tsp butter

a few drops red colour

Put all the ingredients in a bowl and cook over a pan of hot water until they melt. Pour the liquid immediately over the cake and keep it to set.

White icing

15 gms butter

1 cup icing sugar

Beat the butter and icing sugar together until smooth. If thick, add a little syrup. Mix green colour in half of the white icing and decorate the cake with it.

WALNUT CHOCOLATE CAKE

serves 8

$\frac{1}{3}$ tin condensed milk

150 gms flour

15 gms cocoa

1 tsp baking powder

$\frac{1}{4}$ tsp soda bicarbonate

50 gms butter

$\frac{1}{2}$ tsp vanilla essence

1 cup milk

a pinch of salt

Sift the flour, cocoa, baking powder and soda. Beat the milk, melted butter, condensed milk and essence and add the sifted ingredients and mix well. Grease a 10 cm round cake tin and dust it with flour. Pour the mixture in it and bake in a moderate oven (350°F). Keep the cake in an airtight box for 4 to 6 hours. Then cut into 3 layers and sandwich with the following icings:

Butter icing

100 gms butter

$\frac{3}{4}$ cup icing sugar

$\frac{1}{2}$ tsp vanilla essence

$1\frac{1}{2}$ tsps lukewarm water

2 tsps cocoa

Cream the butter and icing sugar together, add vanilla essence, cocoa and water and beat well until smooth.

Chocolate icing

1 cup icing sugar	2 to 3 tsps water
1 tsp cocoa	$\frac{3}{4}$ cup walnuts, coarsely ground
1 tsp butter	

Put all the ingredients in a bowl and stir over a pan of hot water until they mix. Pour the liquid over the cake and keep aside to set. Coat the sides with walnuts.

Yellow icing

$\frac{3}{4}$ cup icing sugar	25 gms butter
a few drops of yellow colour	

Mix all the ingredients well.

CHOCOLATE CAKE

serves 8

$\frac{1}{2}$ tin condensed milk	125 gms flour
1 tsp baking powder	$\frac{1}{4}$ tsp soda bicarbonate
50 gms butter	$\frac{1}{2}$ cup water
$\frac{1}{2}$ tsp vanilla essence	10 gms cocoa
a pinch of salt	

Sift all the dry ingredients. Beat the milk, melted butter, water and vanilla essence. Mix in the sifted ingredients. Grease a square 8 cm cake tin and dust it with flour. Pour the mixture in it and bake in a moderate oven (350°F). Remove from the oven and cool. Cut one slice from the cake for cake crumbs. Cut the cake into two layers and then sandwich with chocolate butter icing.

Chocolate butter icing

100 gms butter	50 gms castor sugar
4 tsps cocoa	4 tsps cold water

Cream the butter, add cocoa, castor sugar and water and beat until fluffy. Use this cream for the layers and sides of the cake. Coat the sides with chocolate cake crumbs.

Chocolate icing

150 gms icing sugar	10 gms cocoa
2 tsps water	1 tsp butter

Mix the cocoa powder with water and cook for two minutes over a pan of hot water. Cool and mix with sifted icing sugar, butter and beat it until smooth. Pour over the cake and leave it to set for 3 hours.

Decoration

6 tsps icing sugar	25 gms butter
3 tsps cocoa	a little water
cherry for decoration	

Mix all the dry ingredients together, beat until smooth. If the icing is hard, put on low heat to make it soft. Decorate the cake with it.

COCONUT CAKES

serves 16

$\frac{1}{4}$ tin condensed milk	1 cup flour
2 tsps sugar	75 gms grated coconut
$\frac{3}{4}$ cup milk	1 tsp baking powder
$\frac{1}{4}$ tsp soda bicarbonate	6 tsps butter
$\frac{1}{4}$ tsp yellow colour	$\frac{1}{2}$ tsp vanilla essence
cherries for decoration	

Beat the melted butter, colour, essence, condensed milk and milk together and mix in the sifted flour, soda bicarbonate, baking powder, sugar and 25 gms coconut. Fill this mixture in greased and floured pastry moulds, and bake in hot oven (400°F) until done. Cool and spread any jam and sprinkle with golden browned coconut. (Put rest of the coconut in the oven till golden brown). Place a cherry in the centre of each pastry.

FRUIT CAKES

serves 10

1/4 tin condensed milk	1 cup flour
1 1/2 cups cream	1 tsp baking powder
3 slices preserved pineapple	1/4 tsp soda bicarbonate
	5 tsps butter
1/2 cup pineapple syrup	1 cup milk
1/2 tsp vanilla essence	1/3 cup castor sugar
cherries	

Beat the condensed milk, essence, and melted butter together and mix with sifted flour, baking powder and soda bicarbonate. Grease a square cake tin and dust with flour. Pour the mixture in it and bake in a moderate oven (350°F) until done. Cool and cut into two layers. Cut into 3 long pieces vertically. Whip the cream with castor sugar until a little thick. First sprinkle pineapple syrup on each cake piece and then spread whipped cream and on it chopped pineapple and again cream and sandwich with another cake piece. Lastly, decorate the pastry with cherry pieces and the rest of the cream.

Biscuits

CHERRY BISCUITS

serves 8

3/4 cup flour	1/4 tsp salt
5 tsps butter	5 tsps ghee
1 tbsp milk	1/2 cup fine sugar
1/2 tsp vanilla essence	cherries for decoration

Cream the butter, sugar and ghee, then mix with sifted flour and salt. Now add milk and vanilla essence. Put the mixture in a plastic bag or an icing bag and pipe into fancy shapes. Decorate with cherry pieces and chill until firm. Bake in a hot oven (400°F) until golden brown. Cool on a wire rack. Store in an airtight box.

COCONUT BISCUITS

serves 8

50 gms butter	50 gms chilled ghee
1/2 cup castor sugar	2 cups flour
1/2 cup grated coconut	3/4 tbsp baking powder
4 tsps milk	

Cream the butter, castor sugar and ghee until fluffy and mix with sifted flour and baking powder. Now add the milk and three-fourths of the grated coconut and knead it. Roll it out 1 cm thick and cut with a biscuit cutter. Brush the tops of biscuits with milk and sprinkle with coconut. Bake in a moderate oven (350°F) for 15 minutes until light brown in colour. Cool.

CHOCOLATE ALMOND CRUNCH serves 8

1 cup flour	1/2 tsp salt
1/4 tsp cream of tartar	100 gms ghee
1 cup fine sugar	1 cup brown sugar
2 to 3 tsps milk	1/2 tsp vanilla essence
1/2 cup peeled almonds	3 tsps cocoa
1/2 tsp soda bicarbonate	

Sift the flour, soda bicarbonate, cream of tartar, cocoa and salt. Beat the butter and sugar for 10 minutes, then add milk and vanilla essence and beat again. Mix in the dry sifted ingredients. If too soft, chill. Divide the dough into small round balls, then press them with the floured bottom of a glass. Brush them with a little milk. Sprinkle coarsely ground almonds over them and then press again with the bottom of a glass. Bake in a moderately hot oven (350°F) for 10 minutes. Cool and store in an airtight tin.

FANCY BISCUITS

serves 10

1½ cups flour	½ tsp soda bicarbonate
¼ tsp cream of tartar	½ tsp salt
100 gms ghee	1 cup fine sugar
1 cup brown sugar	3½ tbsps milk
½ cup blanched almonds	½ tsp vanilla essence

Sift the flour, soda bicarbonate, cream of tartar and salt together. Cream the ghee, sugar and brown sugar until fluffy, then mix with milk. Add the sifted ingredients, essence and $\frac{2}{3}$ almonds, coarsely. Take small bits of the dough and shape into round balls. Place them on greased baking tray 5 cm apart. Flatten to 1 cm thickness by pressing with the floured bottom of a glass. On each biscuit, place half an almond. Bake in a moderately hot oven (350°F) for 15 minutes. Cool and serve.

SALTED BISCUITS

serves 8

50 gms butter or	½ tsp salt
40 gms ghee	1 cup flour
½ tsp thymol seeds	5 tps milk

Sift the flour and salt. Cream the ghee, add sifted flour and thymol seeds and mix well. Add the milk and knead it until smooth. Roll it out ½ cm thick, cut with a small biscuit cutter. Prick the biscuits with a fork. Bake in a moderate oven until light brown. Cool and store in an airtight tin.

MAGIC COCONUT CUBES

serves 12

1 tin condensed milk	1 cup grated coconut
½ kg bread	½ tsp salt
½ tsp vanilla essence	a few drops yellow colour

Trim off the crusts of the bread slices and cut into 2 cm pieces. Mix vanilla essence, colour and salt with condensed milk. Dip the bread pieces into the milk, roll in grated coconut and grill until golden brown. Serve hot.

ASSORTED RECIPES

CHEESE MACARONI (AMERICAN) serves 8

200 gms macaroni	10 tsps flour
2 tsps lemon juice	$\frac{3}{4}$ cup cream
$\frac{1}{2}$ tsp white pepper	$1\frac{3}{4}$ cups milk
50 gms butter	$\frac{1}{2}$ cup cheese
$\frac{1}{2}$ onion	salt to taste

Break the macaroni into small pieces and boil in salted water, until tender. Drain and rinse with cold water. Fry chopped onion and flour in butter for 1 minute, add the milk and stir till a little thick. Add lemon juice, salt, pepper and mix well and then mix boiled macaroni, a little grated cheese and cream and cook for a few minutes. Grease a pie dish, put macaroni in it and sprinkle the rest of the grated cheese on top of it. Bake in a moderate oven until cheese is golden brown. Serve hot.

STUFFED CAULIFLOWER (ITALIAN)

serves 8

1 big cauliflower	1 onion
8 tsps flour	5 tsps butter
8 cherries	50 gms grated cheese
1 tsp salt	25 gms fresh breadcrumbs
$\frac{1}{2}$ tsp white pepper	4 tsps cream
25 gms melted butter	$1\frac{3}{4}$ cups milk
cherries	

Soak the whole cauliflower in salted water for one hour and then cook till tender. Fry chopped onion very lightly in butter, add the flour and cook for one minute. Now add the milk, pepper, cream and salt and stir for a few minutes. Remove from the fire. Put the cauliflower in a round pie dish. Pour the milk mixture over it, and sprinkle with grated cheese and breadcrumbs. Pour a little melted butter over it drop by drop. Bake in a moderate oven (350°F) until brown. Decorate with cherries. Serve hot.

WHITE MUSHROOMS IN CREAM (ENGLISH)

serves 6

1 cup dry white mushrooms	$\frac{1}{2}$ onion
5 tsps butter	2 tsps flour
2 cups milk	1 tsp salt
$\frac{1}{2}$ tsp white pepper	$\frac{3}{4}$ cup cream

Soak the mushrooms overnight and boil until tender. Cut them into medium pieces. Chop the onion finely, and fry in butter until light brown. Add the flour and stir fry taking care that it does not become brown. Add the milk and stir until a little thick. Add the mushrooms and cook for a few minutes. Add the cream, salt and pepper and mix well. Remove from the fire and serve hot.